

SPICED PUMPKIN STREUSEL MUFFINS

(vegan : egg-free : dairy-free : refined sugar-free - wholefoods)



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STRESEL TOPPING

$\frac{2}{3}$ cup rolled oats

$\frac{1}{3}$ cup whole meal spelt flour

1 cup roughly chopped pecans

1 teaspoon cinnamon

$\frac{1}{4}$ cup almond butter

$\frac{1}{4}$ cup maple syrup

- Place all ingredients into a bowl and stir with a wooden spoon until combined.
- Set aside while you make the muffins.

MUFFINS

2 cups roasted pumpkin, cooled

½ cup soy or almond milk

2 tablespoons white wine vinegar

⅔ cup maple syrup

½ cup virgin olive oil

1 teaspoon ground vanilla or vanilla essence

2 ½ cups wholemeal spelt flour

1 tablespoon baking powder

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2 teaspoons mixed spice (or a combination of cloves, ginger, cinnamon)

- Preheat oven to 180 degrees C.
- Place milk in large jug and stir in vinegar. Set aside to curdle. (Should happen within a few minutes.)
- Line 16 muffin cups with paper cases and set aside.
- Place all dry ingredients in a large mixing bowl and stir together with a wooden spoon to combine.
- Add remaining wet ingredients, including cooled roasted pumpkin flesh, to curdled milk. Stir with a wooden spoon until smooth and evenly mixed.
- Pour wet ingredients into dry ingredients, and mix with a wooden spoon until just combined. (Over-stirring will make the muffins tough - so just mix until you see no lumps left.)
- Spoon mixture evenly into 16 muffin cases.
- Divide previously prepared streusel mixture onto the top of each of the muffins, and place in pre-heated oven.
- Bake for about 20 minutes or until the muffin springs back when you press your finger into the top of it.
- Eat hot, or cold.
- Store leftover muffins in an air tight tin for a couple of days, or freeze to keep them for a couple of weeks.