

Better Vegan Grain-Free Gluten-Free Coconut Muffins



Source: Better Vegan Category: Vegan Baked Goods
Prep Time: 10 min Cook Time: 25 min Total Time: 35 min
Makes 24 mini muffins or 12 large muffins

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Ingredients:

3/4 cup coconut flour
1/3 cup maple syrup
2 Tbsp. Egg replacer powder
8 Tbsp. very hot water
1 tsp. baking soda
1/4 cup coconut oil, melted
1 cup almond butter
1 tsp. vanilla extract
1/2 shredded unsweetened coconut
Coconut oil for greasing the pan

Recipe Link:

<https://www.betterveganrecipes.com/vegan-gluten-free-coconut-muffins>

Instructions:

1. Preheat oven to 350 degrees F.
2. Grease 12-cup or 24-mini-cup nonstick muffin tin with coconut oil.
3. Combine egg replacer powder and hot water in a medium bowl or a bowl of a stand mixer and whisk well. Add maple syrup, oil, almond butter and vanilla and mix well.
4. Add the rest of the ingredients and mix well using a large spoon or stand mixer with paddle attachment.
5. Distribute batter evenly into prepared pans, filling each 3/4 full.
7. Bake for 20-25 mins, or until a wooden skewer inserted into the center of a muffin comes out clean.
8. Allow muffins to cool 5-10 minutes before serving.

Notes:

If you want completely sugar-free muffins, substitute maple syrup for liquid stevia. Start with about 20drops, then adjust to taste.

Equipment needed:

Stand mixer (optional)
Non-stick muffin pan

Serving suggestion:

Serve as a breakfast or dessert.