

## Vegan Chocolate Chip Pumpkin Muffins

In a medium mixing bowl mix with a spoon or beaters:

**1 cup of canned pumpkin** (A full 15oz can will yield a double batch but it would probably still be fine to use all of the pumpkin goop for one batch. I wouldn't know for sure since I always make a double. Maybe less or no water then? These muffins are very forgiving for making random changes)

**1/2 cup water**

**1/4 cup oil** (canola)

**1 teaspoon vanilla**

**1/2 cup sugar** (I like to use Sugar in the Raw which is much more reasonably priced at Costco and is vegan)

**1/4 cup maple syrup** (or another 1/4 cup sugar if you don't have maple syrup)

**1/2 cup ground walnuts** (I grind these in my food processor until they are undecipherable bits because my kid hates walnuts with a passion... don't let them turn into butter... although I did once and they still mixed in fine. If you choose to add them chopped instead of ground then you probably want to put them in at the same time as the chocolate chips instead of here. You can also skip the nuts. The texture of the muffins change slightly but are still really good. Like I said, very forgiving muffins.)

In a small bowl mix together:

**1 1/2 cups "white wholewheat" flour** (Flour choice does make a difference for texture so I would avoid using just plain white flour but use what you're used to and what works for your tastes. I almost exclusively use "King Arthur White Whole Wheat" which is still a whole wheat flour but a finer grain, and the store I shop at doesn't charge an arm and a leg for this stuff. Sometimes I use 50/50 whole wheat / white)

**2 Tablespoons ground flaxseed**

**1 1/2 teaspoon baking powder**

**1/2 teaspoon baking soda**

**1/2 teaspoon salt**

**1/2 teaspoon cinnamon**

**1/4 teaspoon nutmeg**

Add dry ingredients into pumpkin mixture and mix until well blended (with a spoon is fine)

Stir in:

**1/3 cup vegan semi-sweet chocolate chips** (Regular old chocolate chips are fine of course if you don't do vegan)

Preheat oven to 350 degrees

Spoon into muffin cups - Makes 12 muffins

Bake for 22 to 28 minutes depending on your oven so watch them. (My oven likes 28 minutes)