



Mary McDougall's Pumpkin Walnut Muffins

Mary's Note: Seeing the autumn colors beginning to emerge reminded us of this grandchild-approved recipe. We bake these mildly-spiced muffins in standard-size silicone muffin cups, available online and at most cookware stores. After cooling for about 10 minutes, the muffins pop right out of the cups; no liners needed. Enjoy!

Course Breakfast, Dessert
Cuisine Oil-Free, Vegan

Prep Time 20 minutes
Cook Time 30 minutes
Total Time 50 minutes

Servings 15 muffins
Calories 142 kcal
Author Mary McDougall

Ingredients

- 2 teaspoons Ener-G Egg Replacer
- 1 cup whole wheat pastry flour
- 3/4 cup unbleached all-purpose flour
- 1/2 cup dark brown sugar
- 1 1/2 teaspoon ground cinnamon
- 1 teaspoon baking soda
- 1 teaspoon ground nutmeg
- 1/2 teaspoon baking powder
- 1/8 teaspoon salt
- 1/2 cup coarsely chopped walnuts
- 1/4 cup raisins
- 1 cup canned pumpkin
- 1/2 cup Sunsweet Lighter Bake (see note below)
- 1/4 cup molasses
- 1/4 cup soy milk (see note below)

Instructions

1. Have ready a 12-cup standard-size silicone muffin pan or line a muffin pan with liners. (Susan's note: I used 15 silicone muffin liners.)
2. Preheat the oven to 375°F with a rack in the lower third of the oven. Whisk the Egg Replacer with 1/4 cup warm water in a small bowl until frothy, then set aside.
3. In a large bowl, whisk together the whole wheat and all-purpose flours, brown sugar, cinnamon, baking soda, nutmeg, baking powder, and salt. Stir in the walnuts and raisins.
4. In a separate bowl, stir together the pumpkin, Lighter Bake (or apple sauce), molasses, and soy milk until no lumps remain. Add the reserved Egg Replacer. Stir this mixture into the flour mixture just until combined.
5. Spoon the batter into the prepared muffin cups and bake for 30 minutes, or until they are golden and a wooden pick inserted in the center comes out clean. Set the pan on a rack to cool completely before removing the muffins from the pans.

Recipe Notes

(From Susan:) Since Lighter Bake is not available in my area, I used natural apple sauce, which is less sweet but still resulted in delicious muffins.

If you'd like to make them without the walnuts, you can subtract about 25 calories and 2.5 grams of fat per muffin. You can also substitute any non-dairy milk for the soy milk.

From [The Starch Solution](#) by Dr. John A. McDougall and Mary McDougall. Republished with permission.

Nutrition Facts	
Mary McDougall's Pumpkin Walnut Muffins	
Amount Per Serving (1 muffin)	
Calories 142	Calories from Fat 27
% Daily Value*	
Total Fat 3g	5%
Sodium 166mg	7%
Total Carbohydrates 27.8g	9%
Dietary Fiber 2.3g	9%
Sugars 12.8g	
Protein 2.8g	6%
* Percent Daily Values are based on a 2000 calorie diet.	

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