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# Loaded Breakfast Muffins

By Lori Rasmussen

These Loaded Breakfast Muffins are packed with all the best stuff - fruits, nuts, seeds and oats! Vegan, oil-free, gluten-free and refined sugar-free. Ready in 35 minutes.

Servings: 12 muffins

## Ingredients

[US Customary - Metric](#)

### Dry ingredients:

- 200 g oat flour (scant 2 cups)
- 1/2 cup rolled oats
- 1 1/2 tsp baking powder
- 1 tsp baking soda
- 1 1/2 tsp cinnamon
- 1 tsp ground ginger
- 1/8 tsp salt

### Wet ingredients:

- 1/2 cup applesauce OR 1 large overripe banana
- 1 cup unsweetened almond milk
- 2 tsp vanilla
- 2/3 cup maple or agave syrup (I like to use 1/3 cup of each)
- 2 tsp tahini
- 2 Tbsp chia seeds
- 1 Tbsp apple cider vinegar

### Additions and toppings (see instructions for dividing):

- 1/4 cup raisins
- 1/3 cup dried cherries, chopped
- 1/3 cup dried cranberries (if avoiding sugar,



- unsweetened cranberries can be found online and in some health food stores)
- 1/2 cup unsweetened coconut flakes
- 1/2 cup chopped walnuts
- 2/3 cup pumpkin seeds
- 2 Tbsp poppy seeds, optional (for sprinkling on top)

### Coconut Butter Drizzle:

- 1/4 cup coconut butter
- 1 Tbsp maple or agave syrup
- Almond milk, as needed for consistency

### Instructions

1. Preheat oven to 375 degrees F, and lightly oil a 12-cup muffin pan.
2. In a large mixing bowl, combine all of the wet ingredients. In a separate bowl, whisk together the dry ingredients. Measure out and prepare the additions you're using so that you can work quickly once the wet and dry ingredients are combined. Set aside about 1/4 cup of the dried fruit, 1/4 cup coconut, 2 Tbsp chopped walnuts, 2 Tbsp pumpkin seeds, and the poppy seeds for sprinkling on top of the muffins. The rest will be stirred into the batter.
3. Pour the dry ingredients into the wet and whisk until just combined. Pour the stir-in additions into the bowl and stir to distribute.
4. Scoop the batter into the prepared pan, and sprinkle the tops with the reserved toppings: poppy seeds, walnuts, coconut, dried fruit, and pumpkin seeds.
5. Bake for 18 to 20 minutes or until the tops are firm when lightly pressed. Allow to cool in the pan for 5 minutes, then transfer to cooling racks.
6. While the muffins cool, make the coconut butter drizzle. Add the coconut butter to a small bowl and warm it for a few seconds in the microwave. Once melted, add the agave and stir. Add about a tablespoon of milk and stir to incorporate. Add more milk as needed to achieve a thick but pourable consistency. Use a spoon to drizzle onto the muffins.

Serve and enjoy!

### Notes

Store in an airtight container in the refrigerator for up to 5 days.





## About the author...

**Lori** enjoys cooking and sharing vegan food, hanging out with her husband and cats, practicing yoga, running, and reading about vegan nutrition. You can find her recipes and learn more about her approach to a fun, sustainable, nutrient-focused vegan diet at [www.myquietkitchen.com](http://www.myquietkitchen.com).

