

Vegan Oatmeal Raisin Muffins

This vegan oatmeal raisin muffin recipe is a humble recipe without too many ingredients but plenty on taste and texture. These 'not-so-sweet' vegan muffins are perfect to pack with your kids' lunch or a great after-school snack. Of course, adding some mini chocolate chips would make it even more kid friendly.



4.78 from 22 votes

Prep Time 20 mins	Cook Time 16 mins	Total Time 36 mins
Method: Baking	Course: Muffins	Servings: 10 Muffins.

Ingredients

Dry Ingredients:

- 1 and ½ cups Whole Wheat Pastry Flour
- ½ cup Oats (Quick Cooking)
- ¼ cup Ground Flax seed
- ¼ cup White Sugar
- 1 teaspoon Baking Powder
- 1 teaspoon Baking Soda
- ½ teaspoon Cinnamon (ground)
- ½ teaspoon Salt

Wet Ingredients:

- 1 and ¼ cups Almond Milk
- 1 tablespoon Vinegar (I used apple cider vinegar)
- ¼ cup Oil (I used organic, refined melted Coconut Oil)
- ¼ cup Maple Syrup

Optional Ingredients:

- ½ cup Raisins
- ½ cup Walnuts (chopped)

Instructions

1. Preheat oven to 350F/180C for 15 minutes. Lightly grease or line a 12 cup muffin tin with paper liners. Mix the almond milk and vinegar together and

set aside for 5 minutes, for the mixture to curdle. Mix about a tablespoon of flour with the raisins, so that the raisins will not sink to the bottom of the muffins.

2. In a large bowl, combine all the dry ingredients.
3. In a small bowl, whisk together the curdled almond milk, maple syrup and coconut oil. Stir into flour mixture until just combined. Fold in the raisins and nuts.
4. Fill each muffin cup about $\frac{3}{4}$ ths full. The batter was just enough for 10 muffins and not for 12 muffins mentioned in the original recipe. So I filled the remaining empty 2 muffin cups with some water, to ensure even baking of all the muffins.
5. Bake for 15-20 minutes or until a toothpick inserted in the center comes out clean. Mine were ready in 16 minutes. Remove the pan from the oven and cool it on a wire rack for 5-10 minutes. If you use paper liners, remove the muffins out of the pan just after 5 minutes to prevent condensation.

Notes

1. The original recipe had used regular whole wheat flour, egg, vegetable oil, honey and chocolate chips. I have used whole wheat pastry flour, vinegar, coconut oil, maple syrup and raisins instead.
2. The muffins were to be baked at 400F/200C for 15-20 minutes as per the original recipe. The smoking point of the organic, expeller pressed, **refined coconut oil** I was using is 360F, so I chose to bake it at 350F. I was assuming that at such a lower temperature the muffins would take about 22-25 minutes to bake but it was done in 16 minutes itself.

Taste & Texture

1. I liked these vegan oatmeal raisin muffins, the very first time I baked it. They were light and not as dense as I had expected and the sweetness was just right. The only minor thing I noticed was the smell of baking powder. Actually none of the other tasters were able to tell it. So when my friend asked me to bake a batch of these muffins for her, I cut back 1 teaspoon of baking powder and the muffins still turned out great. So the recipe here is after the change in the quantity of baking powder. The original recipe had used 2 teaspoons. Also this recipe does not make 12 muffins. For the first batch I got 10 muffins and for the second I was able to manage 11 muffins.

Nutrition

Serving: 10g | **Calories:** 139kcal | **Carbohydrates:** 17.8g | **Protein:** 1.6g | **Fat:** 7.1g

| **Saturated Fat:** 4.9g | **Sodium:** 267mg | **Potassium:** 130mg | **Fiber:** 1.8g | **Sugar:** 9.9g | **Vitamin A:** 1IU | **Calcium:** 4mg | **Iron:** 7mg

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