

YIELD: 12 MUFFINS

4-Ingredient Vegan Flax Muffins (V, GF, oil-free)

4-ingredient vegan flax muffins that taste like butterscotch blondies? Yes, please! They are also flourless, grain-free, gluten-free, and oil-free.

PREP TIME	COOK TIME	TOTAL TIME
5 minutes	30 minutes	35 minutes



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Ingredients

- 2/3 cup (80 g) flaxseed meal
- 1/2 cup (128 g) smooth almond butter
- 1/2 cup (118 mL) plain nondairy milk
- 1/3 cup (75 mL) pure maple syrup
- Optional:
 - 1 teaspoon vanilla extract
 - 1/4 cup chopped dried fruit or miniature chocolate chips

Instructions

1. Preheat oven to 325F (160C). Grease or spray 12 cups of a standard muffin tin.
2. In a large bowl, stir together the flaxseed meal, almond butter, milk, maple syrup and (optional) vanilla until blended and smooth.
3. Divide batter evenly among prepared cups. If using, sprinkle tops with dried fruit, lightly pressing into batter.
4. Bake in preheated oven for 25 to 30 minutes or until edges are browned and the centers are just set.

Let cool in pan on a wire rack for 10 minutes, then remove muffins from pan and let cool completely.

Storage: The muffins will keep in an airtight container in the refrigerator for 5 to 6 days or the freezer for up to 3 months.

Tip: Any creamy-ish nut or seed butter can be used in place of the almond butter. If the nut or seed butter is unsalted, add about 1/8 to 1/4 teaspoon fine sea salt to the batter.

Milk: Use any nondairy milk you like except for full fat coconut milk. If you are not avoiding dairy, feel free to use dairy milk.

Sweetener: Use an equal amount of granulated sweetner (e.g., coconut sugar, brown sugar, granulated cane sugar) in place of the maple syrup.

Sugar-Free Option: Replace the maple syrup with an equal amount of measure for measure liquid or granular sugar replacement.

Nutrition Information

Yield 12

Serving Size 1 muffin

Amount Per Serving

Calories 124

Total Fat 7.3g

Saturated Fat 1.3g

Cholesterol 0mg

Sodium 10mg

Carbohydrates 10.2g

Fiber 2.4g

Sugar 6.5g

Protein 4.8g



Did you make this recipe?

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