

VEGAN RASPBERRY ALMOND MUFFINS

From the Kitchen of: Tori Vasko, Registered Dietitian, Owner, Easy Chickpeasy

Preparation Time: 15 minutes | **Cook Time:** 33 minutes | **Yield:** 12 Muffins

Common Allergens: Tree Nuts, Soy (Optional)

"These tart and sweet muffins are delicious as a decadent breakfast or a mid-afternoon treat. Despite these muffins being vegan and gluten free, they are super simple to make, with all the ingredients combined in just one bowl," says Tori.

INGREDIENTS:

- 1 3/4 cups (210 grams) gluten-free measure for measure flour, or all-purpose flour
- 1 3/4 cups (168 grams) almond flour
- 1 cup (200 grams) sugar
- 3 1/2 teaspoons baking powder
- 1/4 teaspoons salt
- 2/3 cup unsweetened soy milk, or preferred plant-based milk
- 1/2 cup avocado oil, or preferred neutral/baking oil
- 1 Tablespoon lemon juice
- 1 Tablespoon lemon zest (zest of about 1 lemon)
- 1 teaspoon almond extract
- 1 1/2 cups (~6 ounces) raspberries, fresh or frozen, 6-8 reserved for topping
- 3 Tablespoons sliced almonds

INSTRUCTIONS:

- Preheat the oven to 425°F (220°C) and line a muffin tin.
- In a large mixing bowl, add the flours, sugar, baking powder, and salt. Use a long-stem fork or whisk to stir the dry ingredients until they are well combined.
- Add the oil, milk, almond extract, lemon juice and zest, to the bowl and stir again until a thick batter forms.
- Add the raspberries, reserving a small handful for topping, and stir them into the batter until they are evenly distributed, allowing the berries to break up into pieces.
- Scoop about 1/3 of a cup of batter into each of the lined muffin cups. The batter should nearly fill each muffin cup.
- Top each muffin with a few pieces of raspberries and several almond slices.
- Bake the muffins at 425°F for 7 minutes, then decrease the temperature to 350°F for 25-27 minutes or until the muffin tops are golden brown and a toothpick inserted into the center of a muffin comes out clean (may need to bake an additional 5-10 minutes for frozen raspberries).
- When the muffins have finished baking, remove them from the oven and allow them to cool for at least 20 minutes before removing them from the muffin pan to enjoy.
- Store leftover muffins in a bag or under a tea towel for 1-3 days, or in an airtight container in the freezer for up to 3 months.

NOTES:

- These super tender muffins require muffin liners, even if you are using a nonstick muffin tin. You can use home-compostable parchment paper for muffin liners!
- "King Arthur measure for measure gluten free flour is my go-to gluten free flour for baking," shares Tori, who tests a gluten free version of all her recipes on [easychickpeasy.com](https://www.easychickpeasy.com).

