



Hearty Vegan Oatmeal Muffins

Description

These hearty vegan oatmeal muffins are the ultimate breakfast solution for those seeking a healthy, delicious, and satisfying start to their day. Made with whole grains, natural sweeteners, and nutrient-rich ingredients, they strike the perfect balance between wholesome and indulgent. With a moist texture and warm, spiced flavor, these muffins are ideal for meal prep, on-the-go breakfasts, or as an afternoon snack. Plus, they are easy to customize with your favorite add-ins like nuts, dried fruits, or chocolate chips.

Ingredients:

- 1 cup rolled oats
- 1 cup unsweetened almond milk (or any plant-based milk)
- 1 tablespoon apple cider vinegar
- 1 1/4 cups whole wheat flour
- 1/2 cup coconut sugar or maple syrup
- 1 teaspoon baking soda

- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/3 cup unsweetened applesauce
- 1/4 cup coconut oil (melted) or olive oil
- 1 teaspoon vanilla extract
- 1/2 cup chopped nuts or raisins (optional)

Instructions:

1. **Preheat & Prep:** Preheat your oven to 350°F (175°C) and line a muffin tin with paper liners or lightly grease it.
2. **Soak the Oats:** In a small bowl, combine the rolled oats, almond milk, and apple cider vinegar. Let it sit for 10 minutes to soften and create a buttermilk-like texture.
3. **Mix Dry Ingredients:** In a large bowl, whisk together the whole wheat flour, baking soda, baking powder, cinnamon, and salt.
4. **Combine Wet Ingredients:** Add the applesauce, melted coconut oil, vanilla extract, and coconut sugar (or maple syrup) to the oat mixture.
5. **Make the Batter:** Gradually add the wet ingredients into the dry ingredients, stirring gently until just combined. Do not overmix.
6. **Fold in Extras:** If using nuts or raisins, fold them in at this stage.
7. **Bake:** Divide the batter evenly into the prepared muffin tin. Bake for 18-22 minutes, or until a toothpick inserted in the center comes out clean.
8. **Cool & Enjoy:** Allow the muffins to cool for 5 minutes in the tin before transferring them to a wire rack to cool completely.