

Pumpkin Seed and Chocolate Chip Muffins



These muffins strike the perfect balance between cozy and indulgent, featuring a delightful blend of chocolate, coconut, and pumpkin seeds. Quick to make, they're an ideal snack for the afternoon or a tasty addition to your breakfast lineup.

Preparation 10 min

Cooking 30 min

Servings 12

Nutrition Facts (per serving)

Calories 200

Fat 10

Carbohydrates 21

Fibre 4

Protein 6

Sodium 170

Ingredients

Dry Ingredients:

- 375 ml (1 ½ cups) whole wheat flour
- 180 ml (¾ cup) pumpkin seed flour (made by blending 250 ml (1 cup) pumpkin seeds into a fine powder)
- 60 ml (¼ cup) unsweetened coconut flakes

- 30 ml (2 tbsp) ground flaxseed or chia seeds
- 10 ml (2 tsp) baking powder
- 2.5 ml (½ tsp) baking soda
- 2.5 ml (½ tsp) salt
- 30 g (1 oz) dark chocolate (85%), roughly chopped

Wet Ingredients:

- 310 ml (1 ¼ cups) milk, 0% (or soy milk)
- 1 large egg
- 45 ml (3 tbsp) maple syrup
- 15 ml (1 tbsp) white vinegar
- 10 ml (2 tsp) vanilla extract

Toppings:

- 30 g (1 oz) dark chocolate (85%), roughly chopped
- 30 ml (2 tbsp) unsweetened coconut flakes
- 30 ml (2 tbsp) pumpkin seeds

Preparation

1. Preheat the oven to 350°F (180°C).
2. In a large mixing bowl, combine all the dry ingredients.
3. In a medium bowl, whisk together the wet ingredients until smooth.
4. Gradually mix the wet ingredients into the dry ingredients, stirring until a smooth batter forms.
5. Pour the batter evenly into a greased or lined muffin tin. Top each muffin with the toppings: dark chocolate, coconut flakes, and pumpkin seeds.
6. Bake for 30 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.
7. Allow the muffins to cool completely before removing them from the tin.

Notes

Store in the refrigerator for up to 7 days. Can be frozen for up to 3 months.



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