



Vegan Raspberry Oat Muffins

Ingredients

15g ground flaxseed
3 tbsp hot water
250g plain wholemeal flour
80g rolled oats (keep a couple aside)
100g light brown sugar
1 tsp ground cinnamon
1 tbsp baking powder
2 medium ripe bananas
200ml almond milk
60ml vegetable oil
40g vegan butter
1 tsp vanilla extract
125g frozen raspberries

Directions

1. Preheat the oven to 170°C and line a muffin tin with 15 cases.
2. Mix the ground flaxseed with 3 tbsp hot water. Set aside for 10 minutes to thicken.
3. In a large bowl, whisk together the flour, oats, cinnamon, and baking powder.
4. In a separate bowl, mash the bananas with a fork. Add the water, the flaxseed mixture, almond milk, oil, vegan butter, and vanilla; whisk to combine.
5. Pour the wet ingredients into the dry and stir until just combined (don't overmix).
6. Fold in the frozen raspberries.
7. Divide the batter evenly among the 15 cases and sprinkle a little extra oats on top of each.
8. Bake for about 25 minutes, or until a knife/toothpick inserted in the center comes out clean.
9. Cool in the tin for a couple of minutes, then transfer to a wire rack to cool completely.

