

**BRYANNA'S NO-FAT VEGAN WHOLE WHEAT VEGAN CARROT/RAISIN MUFFINS (WITH AQUAFABA & SPLIT PEA PUREE) Yield: 12 muffins**

**To make Yellow Split Pea Puree Fat Sub for Baking:** Cook 2 cups split yellow peas (no need to soak) + 4 cups water, either 10 minutes at high pressure in the Instant Pot or pressure cooker, or 30 minutes simmered on stovetop. Mash and stir to puree. Yield: 5 cups. Freeze in 1/4 cup portions. Thaw; add 1 T. water per 1/4 cup before using in recipes in place of fat in baking, tablespoon for tablespoon.

**Aquafaba** (*chickpea cooking liquid or liquid from canned chickpeas*) **Egg Sub for Baking:** 3 T. per egg.

**Dry Mix:**

1 1/2 cups whole-wheat pastry flour  
1 tsp baking powder  
1 tsp baking soda  
1 tsp cinnamon  
1/2 tsp salt  
1/2 tsp ground nutmeg  
1/4 tsp ground cloves  
1/4 tsp ground allspice  
1/2 cup raisins (*your choice of variety*)

**Wet Mix:**

3/4 cup organic light granulated sugar  
6 Tbs Aquafaba (*chickpea cooking liquid or liquid from canned chickpeas-- see above*)  
1/4 cup yellow split pea puree PLUS 1 Tbs water, whisked together (*see above*)  
1/4 cup orange juice (*juice from 1 medium orange*)  
1 1/2 cups grated carrots (*about 3 medium carrots*)

Preheat the oven to 400 degrees F. Prepare a 12-cup muffin pan by lining with parchment ([see how to make quick liners](#) from parchment paper) or silicone cupcake liners, or spraying with oil from a pump-sprayer, or use a light film of cake release. (*See my homemade non-hydrogenated palm-oil-free version [here](#).*) I prefer to use my cake release-- I like the outside of my muffins to be a little bit crusty and I find that cupcake liners (especially the silicone ones) result in a softer crust and don't look as browned as they do when no liner is used.

In a medium-sized mixing bowl, whisk together the Dry Mix ingredients. Stir in the raisins.

In a smaller bowl or pitcher, whisk together the Wet Mix ingredients EXCEPT for the carrots. If you see any lumps from the pea puree, use an immersion/stick blender to briefly blend the mixture until smooth. Add the carrots to the Wet Mix and stir to mix thoroughly. It's a fairly wet batter, BTW.

Scoop the wet Mix into the Dry Mix and fold the mixtures together until the dry ingredients are thoroughly moistened-- don't over-mix.

Divide the mixture between the 12 muffin cups and bake for about 15 minutes. Test the center of one muffin with a toothpick. If it comes out wet, bake for a 3-5 minutes more. Cool on a rack for a few minutes before releasing the muffins from the pan. Serve hot, or cool the muffins on a rack.

**Nutrition (per muffin):** 134 calories, 4 calories from fat, less than 1g total fat, 0mg cholesterol, 195.1mg sodium, 221mg potassium, 31.5g carbohydrates, 3g fiber, 17.4g sugar, 2.8g protein, 3.9 points.