

BRYANNA'S AQUAFABA PINEAPPLE-CARROT MUFFINS (vegan, low-fat)

Yield: 10 muffins

Dry Mix:

1 cup whole wheat pastry flour
1/2 cup unbleached white flour
1 tsp baking powder
1 tsp baking soda
1/2 Tbsp cinnamon
1/2 tsp salt
1/4 tsp ground ginger
1/4 tsp ground nutmeg
3/4 cup brown sugar (packed)

Wet Mix:

1/2 cup non-dairy milk
1/4 cup aquafaba (*cooking liquid from cooking chickpeas, or liquid from canned chickpeas*)
3 Tbsp oil
2 tsp. pure vanilla extract

Additional Ingredients:

8 oz. crushed pineapple, drained thoroughly
(*NOTE: If you have only canned pineapple **slices**, use 6 slices and shred with a fork; drain thoroughly.*)

1 1/2 cups grated raw carrot, squeezed by hand to remove juice.
1/2 cup raisins

Optional:

1/2 cup chopped toasted walnuts or pecans

Turn the oven to 350 degrees F. Grease 10 muffin cups with cake release, or line with unbleached paper cupcake liners.

In one bowl, mix together the Dry Mix ingredients with a whisk.

In a larger bowl whisk together the Wet Mix ingredients thoroughly. Pour in the Dry Mix and stir gently. Add the pineapple, grated carrots and raisins (and optional nuts, if using). Mix just enough to distribute the ingredients evenly.

Distribute the batter evenly between 10 prepared muffin cups. Bake for 20 minutes, or until a toothpick poked into the center of one muffin comes out clean.

Place the muffin tin on a rack for a few minutes, then carefully loosen the muffins from the cups and turn on their sides.

Nutrition Facts (without nuts)

Nutrition (per muffin): 215 calories, 40 calories from fat, 4.6g total fat, 0mg cholesterol, 248.2mg sodium, 332.6mg potassium, 42.5g carbohydrates, 2.9g fiber, 25.4g sugar, 3.1g protein, 6.3 points.

Nutrition Facts (with optional nuts)

Nutrition (per muffin): 254 calories, 72 calories from fat, 8.4g total fat, 0mg cholesterol, 248.3mg sodium, 358.4mg potassium, 43.3g carbohydrates, 3.3g fiber, 25.6g sugar, 4g protein, 7.4 points.