

**VEGAN**

DAIRY FREE COCONUT PUMPKIN MINI MUFFINS

These muffins are a perfect addition to a fruit plate or breakfast plate as minis. Serve them up as regular size muffins with a continental breakfast option.



PREP TIME
20 minutes



BAKE TIME
10 minutes



YIELD
48 mini muffins or
24 small muffins

DIRECTIONS

1. Preheat oven to 400°F (200°C). Grease or line two 24 cup mini muffin pans; set aside.
2. In a bowl, whisk together flour, sugar, baking powder, cinnamon, nutmeg, salt and ginger.
3. In a very large bowl, whisk together pumpkin puree, Silk, apple sauce and vanilla. Stir in $\frac{3}{4}$ cup (175 mL) of the coconut. Stir in flour mixture gradually until well combined. Divide among prepared pans. Sprinkle tops with remaining $\frac{3}{4}$ cup (60 mL) of coconut.
4. Bake in center of oven for about 10 minutes for mini muffins or until tester inserted in center comes out clean. Regular muffins will take about 5 minutes longer.

TIP: For a deeper coconut flavor, toast the shredded coconut before adding it to the batter.

INGREDIENTS

- 2 cups (500 mL) all-purpose flour
- 1 cup (250 mL) granulated sugar
- 4 tsp (20 mL) baking powder
- 2 tsp (10 mL) ground cinnamon
- 1 tsp (5 mL) ground nutmeg
- 1 tsp (5 mL) salt
- $\frac{1}{2}$ tsp (2 mL) ground ginger
- 2 cups (500 mL) pure pumpkin puree
- 1 cup (250 mL) Silk Original coconut beverage
- $\frac{1}{2}$ cup (125 mL) unsweetened applesauce
- 2 tsp (10 mL) vanilla
- 1 cup (250 mL) shredded coconut, divided

Per serving

(1 mini muffin/about 30 g)

50	calories
1 g	fat
1 g	saturated fat
0 g	trans fat
11 g	carbohydrates
1 g	fibre
6 g	sugars
1 g	protein
0 mg	cholesterol
80 mg	sodium
75 mg	potassium
30 mg	calcium
0.5 mg	iron

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