

One Bowl Pumpkin Chocolate Muffins

Vegan, gluten-free, nut-free, refined sugar-free

By Angela Liddon

These moist, dense, gooey pumpkin chocolate muffins are similar to that feeling you get walking through a pumpkin patch, sipping dark hot chocolate, and crunching colourful autumn leaves beneath your feet! Picture a delicious pumpkin chocolate cake or brownie—but in muffin form. What could be better? How about that they take just one bowl to make! This recipe is adapted from [Beaming Baker](#) and my [Pumpkin Gingerbread Muffins](#).

Yield 12 muffins	Prep time 15 Minutes	Cook time 22 Minutes
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Ingredients:

For the chia egg:

2 teaspoons (4 g) ground chia seed*

3 tablespoons (45 mL) water

For the wet ingredients:

1 cup (250 mL) unsweetened pumpkin purée

1/4 cup (60 mL) grapeseed oil or melted coconut oil

1/2 cup (80 g) coconut sugar

1/2 cup (125 mL) pure maple syrup

1 teaspoon (5 mL) pure vanilla extract

For the dry ingredients:

- 1 1/2 cups (150 g) gluten-free rolled oats, blended into a fine flour**
- 1/2 cup (40 g) unsweetened cocoa powder
- 2 teaspoons [pumpkin pie spice](#)***
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon fine sea salt
- 2/3 cup (120 g) non-dairy chocolate chips or chopped chocolate, divided**** (optional)

Directions:

1. Preheat the oven to 350°F (180°C) and line a muffin tin with 12 paper liners.
2. Add the rolled oats to a high-speed blender and blend on high until a fine flour forms. Set aside.
3. In a large mixing bowl, whisk together the ground chia seed and water until combined. Set aside for a few minutes to thicken.
4. To the same bowl, add the rest of the wet ingredients (pumpkin, oil, sugar, maple syrup, and vanilla) and stir until smooth.
5. Add the dry ingredients (oat flour, cocoa powder, pumpkin pie spice, baking powder, baking soda, and salt) to the bowl with the wet ingredients. Whisk until smooth (I love using my big whisk for this task!).
6. Set aside 1/4 cup (45 g) of chocolate chips (if using) for the topping and stir the remaining chips into the batter.
7. Spoon the batter into the paper liners, filling each two-thirds full. Press the remaining chocolate chips into the tops of each muffin.
8. Bake the muffins for 20 to 25 minutes (I bake for 22), until a toothpick inserted into the middle comes out clean.
9. Place the muffin tin on a cooling rack for 10 minutes. Carefully remove each muffin and place it directly onto the cooling rack until fully cooled. Leftover muffins can be stored in the fridge in an airtight container for several days or frozen for up to 1 month.

Nutrition Information +

Tips:

* If desired, you can use 1 tablespoon ground flax in place of the ground chia seed. Proceed with mixing in the 3 tablespoons (45 mL) water as directed.

** You can use 150 grams oat flour rather than grinding your own (this is equal to 1 cup and 7 tablespoons oat flour measured using the scoop-and-shake-until-level method). Alternatively, 1 1/2 cups (233 g) whole-grain spelt flour will also work as a swap for the oat flour. If using whole-grain spelt flour, you will likely need to bake the muffins for a couple extra minutes (until a toothpick inserted in the middle comes out clean). Please keep in mind that spelt flour is not gluten-free.

*** If you're a big pumpkin spice fan, you can use up to 1 tablespoon of spice mix in this recipe.

**** Try chopped walnuts or pecans for a crunchy, healthy twist!

You can make these muffins into a loaf instead. Simply pour the batter into a 9x5-inch loaf pan and bake for 45 to 50 minutes (I bake for 46) at 350°F (180°C) until a toothpick comes out clean.