

Double Chocolate Pumpkin Muffins

Makes 12 muffins

2	Flax Eggs* - see <u>Note</u> below (or use 2 regular eggs)
1 can (15 ounces)	Pumpkin puree (make sure NOT to use the pre-spiced kind)
1/4 cup	Canola oil
1/2 cup	Black Beans (rinsed and drained)
1/4 cup	Milk (or alternatives – soy milk, almond milk)
1/4 cup	Cocoa Powder
2/3 cups	Sugar of your choice
1 1/2 teaspoon	Cinnamon
1/4 teaspoon	Ground Cloves
2 cups	All-Purpose Flour
1 1/2 teaspoon	Baking Powder
1/2 teaspoon	Salt
1/2 cup	Chocolate Chips

Note: 2 flax eggs = 2 tbsp of ground flax + 6 tbsp warm water, refrigerated for 15 minutes.

1. Preheat oven to 400 F.
2. Make your flax eggs.
3. In a medium mixing bowl, combine the pumpkin puree, black beans, milk, and oil. Use an immersion blender to puree, or mash well with a fork.
4. Add in the cocoa powder, sugar, cinnamon, cloves, and flax eggs. Stir with a fork to combine.
5. In a separate bowl, combine the dry ingredients: flour, baking powder, and salt. Mix well, then slowly add it in to the wet mixture.
6. Once combined, stir in the chocolate chips.
7. Bake for 30 minutes, or until the muffins are cooked through.