

## Gluten Free and Vegan Pumpkin Spice Muffins

Recipe by Bethany Powell

Makes 10-12 Muffins

### Ingredients

1  $\frac{3}{4}$  cups gluten free plain flour (i.e Doves Farm)

1  $\frac{1}{4}$  cups caster sugar

1 tablespoon baking powder

$\frac{1}{4}$  teaspoon xanthan gum

$\frac{1}{4}$  teaspoon salt

1 teaspoon ground cinnamon

$\frac{1}{2}$  teaspoon ground nutmeg

$\frac{1}{2}$  teaspoon ground ginger

$\frac{1}{4}$  teaspoon ground allspice

Half  $\frac{1}{4}$  teaspoon ground clove

1 cup pure pumpkin purée

$\frac{1}{2}$  cup dairy free milk (i.e soy milk)

$\frac{1}{2}$  cup vegetable oil

2 tablespoons molasses or golden syrup

Chocolate chips, dried fruit, nuts (optional)

Icing sugar (optional)

### Directions

1. Preheat your oven to Gas Mark 6/200C/400F.
2. Mix together all of the dry ingredients.
3. In a separate bowl, mix together all of the wet ingredients.
4. Add the wet mixture in with the dry and stir until fully mixed in.
5. Add chocolate chips, dried fruit or nuts, such as cranberries and pecans (optional)
6. Fill muffin cases  $\frac{2}{3}$ ds of the way with your mixture.
7. Bake in the centre of the oven for 20 minutes, until a knife or toothpick inserted comes out clean.
8. Leave to cool. Mix together icing sugar and water to make a glaze to drizzle on top of your muffins (optional).