

Pecan and Chocolate Chip Muffins

You may wish to double this recipe if you want these hearty muffins to last for more than one day. They disappear quickly!

- 1-3/4 cups unbleached pastry flour (OR you can use a mixture of unbleached or whole wheat pastry flour, spelt, and barley flours)**
- 3/4 cup sugar, Sucanat, or other dry sweetener**
- 2-1/2 tsp. baking powder**
- 1/2 tsp. salt**
- 1 EnerG Egg Replacer* (1-1/2 tsp. EnerG Egg Replacer whipped with 2 Tbsp. water)**
- 3/4-1 cup rice milk or soy milk**
- 1/4 cup canola oil**
- 1/2 cup chocolate chips**
- 3/4 cup coarsely chopped pecans**

*EnergyG Egg Replacer is a blend of potato starch and tapioca that can replace eggs in all your favorite recipes for baked goods. It is found in health food stores and some markets.

Set out a 12-muffin pan. Lightly dip a clean paper towel into a non-dairy spread such as Spectrum Spread and coat the inside of each muffin cup with the spread. Preheat oven to 400°.

In a bowl combine the flour, sugar, baking powder, and salt. Stir in the chocolate chips and chopped pecans. In another bowl beat the egg replacer and water; then add 3/4 cup rice milk or soy milk, and canola oil. Add the wet ingredients to the dry ingredients, and blend gently. Add another 1/4 cup of rice milk or soy milk to the batter, as needed. Do not over-stir.

When the ingredients are just blended fill the muffin cups 2/3 full of batter. Bake for 18-20 minutes or until a toothpick inserted into the middle of the muffins comes out clean and tops are just beginning to brown. Cool for 10 minutes before removing from the pan. Store leftover muffins in an air-tight container in the refrigerator. Re-heat muffins in a 300° oven for about 9 minutes, or slice them in half and toast them.

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