



# Choco-Raspberry Muffins

Recipe Gluten-free, dairy-free (casein-free),  
hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS: 15  
PREPARATION: 15 MINUTES  
REST TIME: 15 MINUTES  
COOKING: 35 MINUTES

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## INGREDIENTS

- 15 ml (1 tbsp) chia
- 185 g (3/4 cup) plant-based milk substitute
- 100 g (1/2 cup) light olive oil
- 210 g (2/3 cup) maple syrup
- 5 ml (1 tsp) vanilla extract
- 210 g (1 1/2 cups) all-purpose flour "[La Merveilleuse](#)"
- 45 g (1/2 cup) cocoa
- 10 ml (2 tsp) baking powder
- 2.5 ml (1/2 tsp) baking soda
- 1 ml (1/4 tsp) salt
- 100 g (1/2 cup) mini semi-sweet chocolate chips
- 200 g (1 1/2 cups) raspberries, fresh or frozen

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## PREPARATION

1. Preheat the oven to 180 °C (350 °F).
2. Grind chia in a coffee grinder. In a large bowl, combine chia, plant-based milk substitute, oil, maple syrup and vanilla. Let rest for 15 minutes.
3. In another bowl, combine flour, cocoa, baking powder, baking soda and salt. Set aside.
4. After the rest time, add the dry ingredients to the liquid ingredients. Beat with an electric mixer until batter thickens (about a minute).
5. Add the chocolate chips with a wooden spoon. Then gently add half of the raspberries. Pour batter into a paper-lined muffin mould. Then divide the other half of the raspberries over each muffin, inserting them lightly into the batter.
6. Bake on the centre rack for about 35 minutes, until a toothpick inserted in the middle comes out clean. Allow to cool on a wire rack.



*These muffins are just divine!*