

Fran Costigan
Wholesome Vegan Oat-Banana Muffins on Francostigan.com
For Essential Vegan Desserts Live Event_April 14, 2021

Original recipe in [More Great Good Dairy-Free Desserts](#)

+ 2tbsp whole cane sugar

Blog recipe: Hearty Oat Banana Jam Muffins

<https://francostigan.com/vegan-hearty-oat-and-jam-muffins/>

½ recipe test/ divided batter into 2 batter yield:

- 1- +1T sunflower oil to ¼ recipe
- 2- +1T date paste on loose side to ¼ recipe
- 3-If third test, would just leave the oil out, no fruit paste
- 4-Silicon/ paper + silicon /metal lined with paper, minimal difference
- 5- half recipe_9 large muffins
- 6- could try date syrup

First impression while hot

- + date paste: softer; silicon/but metal pan would likely bake firmer sides firmer- its fine.
- Do not try to peel paper until muffin cool, and then slowly
- With just 2tbsp oil in full recipe: likely fine to just leave it out
- Batter quite liquid, let it set, it 'grows', muffin moist recipe
- Date adds a slight fruit flavor_ I prefer the 1T oil/ next test, just leave oil out of ½ recipe

Your Notes here:

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Do your own [weights](#). **This is a working copy only**

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Adapted from recipe in [More Great Good Dairy-Free Desserts](#)

2Tbsp whole cane sugar in addition to the maple.

2tsp vanilla

2/3c mashed banana

Check weights/ keep record

Oil 1T oil/ 15g

Whole wheat pastry fl 1/4c/30g

Date paste 1T/18g

Half recipe_batter_365g

Half Full

75g	1 1/4 cups/150g whole wheat pastry flour (spelt, heritage)
5g	2 1/2 tsp/10g aluminum-free baking powder
2g	1/2 teaspoon baking soda
2g	1 1/2 tsp/4g cinnamon powder
75g	1/4 teaspoon/1.5g fine sea salt
288g	1/3c288g dried cranberries or raisins* <i>did not reduce qty</i>
1/2c/116g	1c/232g plant milk, soymilk, oat, almond, weights may vary
50g	1 large ripe banana, peeled/ 100g
64g	6 tbsp /128g pure maple syrup, Grade A dark or dark amber
15g	2 tbsp/30g mild tasting extra virgin olive oil or a neutral vegetable oil
2g	4tsp/6g apple cider vinegar

+vanilla 1tsp

[2 tablespoons all-fruit jam, fruit paste, more as less as needed]

1. Position a rack in the upper third of the oven and preheat to 375 degrees. *I baked middle rack*
2. Oil the cups and tops of a standard 12-cup muffin tin plus a 6 cup, or insert paper liners or silicon
 - a. *Did not oil cups*
3. Whisk the pastry flour and add it to a strainer set over a medium bowl. *I did not sift*
4. Add the baking powder, baking soda, cinnamon and salt to the flour and whisk to mix.
5. Add oats, dried fruits/ mix. Make a well in the center. *Poured liquid in.*
6. In a separate medium bowl, mash the banana pieces roughly.
 - a. *I used frozen, and mixed almost to puree*
7. Add the plant milk, maple syrup, (oil), and vinegar and whisk until combined.
8. Pour the wet ingredients into the dry mixture and stir with a rubber spatula only until the ingredients are moistened.
9. Allow the batter to rest about 1-2 minutes. Pour the batter into the prepared muffin tin, filling each cup almost to the top. Drop about 1 teaspoon jam (or..) in the center of each muffin.
10. Bake for 15 to **17** minutes, or until the muffins are golden brown and firm and a tester inserted into the middle of a muffin comes out clean or with a few crumbs. The tops of are flat, not domed.
11. Cool tin on wire rack for 5 minutes. Run a thin knife between the muffins and the sides of the cups and turn out onto a cooling rack. The muffins taste good warm or at room temperature.
12. Store the muffins in a tightly covered container for a day or two at room temperature or freeze a month-two.