



Pumpkin Chia Spelt Scuffins



Vegetarian



Vegan



Dairy Free

READY IN



32 min.

SERVINGS



17

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup agave nectar (you might be able to use maple syrup)
- ☐ 1 tsp double-acting baking powder (I use aluminum-free)
- ☐ 1 tsp baking soda
- ☐ 0.5 cup cane sugar organic (or regular sugar)
- ☐ 2 tsp cinnamon
- ☐ 0.5 tsp grain sea salt fine
- ☐ 1 flax egg mixed
- ☐ 0.5 tsp ground cloves (I skipped this as I didn't have any)

- ☐ 0.5 tsp nutmeg
- ☐ 1 cup pumpkin fresh canned
- ☐ 2.5 cups grain spelt flour whole
- ☐ 1 tsp vanilla
- ☐ 0.5 cup earth balance vegan buttery spread (Or use non-hydrogenated margarine)

Equipment



- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ microwave

Directions

- ☐ Preheat oven to 350F. Line a baking sheet with parchment paper.
- ☐ Whisk flax egg in a small bowl and set aside. In a medium sized bowl, combine the dry ingredients (spelt, baking powder, baking soda, sea salt, cinnamon, nutmeg, cloves). Set aside. In a different bowl mix the butter, sugar and agave until smooth. I melted my butter a bit in the microwave for 15 seconds first as I find the Earth Balance is easier to work with when melted slightly. Now add pumpkin, flax egg, and vanilla. Beat well. Carefully mix in dry ingredients being sure not to over mix. Spelt is broken down very quickly when mixed and you can end up with a tough batter if you over mix it. But relax it will turn out regardless! The batter will be very moist and sticky, but don't worry. Drop the batter onto the baking sheet. I wet my fingers to slightly shape the scuffins. Pop a stick in the end if preferred to have your scuffin on a stick! I got my sticks at Bulk Barn.
- ☐ Sprinkle with chia seeds for a spooky, yet nutritious, effect for Halloween! You can also have fun decorating little pumpkin faces on them (great for kids!).
- ☐ Bake for 17 minutes or until the scuffins slightly bounce back when touched. Handle the scuffins on a stick very carefully because they are delicate. I found that I improved this by making smaller scuffins on a stick- then they weren't as heavy!

Nutrition Facts



 **PROTEIN 9.2%**  **FAT 24.39%**  **CARBS 66.41%**

Properties

Glycemic Index:16.71, Glycemic Load:4.56, Inflammation Score:-9, Nutrition Score:5.2547825665578%

Nutrients (% of daily need)

Calories: 220.76kcal (11.04%), Fat: 5.81g (8.94%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 35.61g (11.87%), Net Carbohydrates: 30.19g (10.98%), Sugar: 8.61g (9.57%), Cholesterol: 0mg (0%), Sodium: 216.53mg (9.41%), Alcohol: 0.09g (100%), Alcohol %: 0.16% (100%), Protein: 4.94g (9.87%), Vitamin A: 2497.82IU (49.96%), Fiber: 5.42g (21.68%), Iron: 1.98mg (10.97%), Vitamin E: 1.48mg (9.9%), Vitamin K: 6.93µg (6.6%), Manganese: 0.13mg (6.48%), Calcium: 24.88mg (2.49%), Phosphorus: 15.46mg (1.55%), Magnesium: 6.22mg (1.55%), Vitamin C: 1.17mg (1.42%), Copper: 0.03mg (1.27%), Vitamin B1: 0.02mg (1.16%), Potassium: 39.19mg (1.12%)