



# Maple Muffins

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

By: Cuisine l'Angélique

PORTIONS: 22

PREPARATION: 20 MINUTES

COOKING: 20 MINUTES

## INGREDIENTS

- 1 box of [Maple Chiffon Cake Mix from Cuisine l'Angélique](#)
- 5 large eggs, separated
- 160 g (1/2 cup) maple syrup
- 65 g (1/4 cup) plant-based milk substitute
- 65 g (1/3 cup) light olive oil
- 7.5 ml (1 1/2 tsp) vanilla extract
- 3.5 ml (3/4 tsp) cream of tartar

## PREPARATION

1. Preheat the oven to 180 °C (350 °F).
2. Put the cake mixture in a large bowl. Add egg yolks, maple syrup, plant-based milk substitute, olive oil and vanilla. Beat the electric mixer at maximum speed or in a stand mixer with a flat paddle at medium speed for about 5 minutes.
3. In another bowl, whip the egg whites. Start gently, add the cream of tartar, then beat at maximum speed until stiff peaks form.
4. Fold the egg whites gently into the flour mixture using a spatula. Don't stir...that's the secret to a perfect chiffon cake!
5. Spoon the batter into muffin pans lined with paper liners. Sprinkle maple flakes on top of each muffin.
6. Bake on the centre rack for about 20 minutes or until a toothpick inserted in the middle comes out clean.
7. Unmould directly out of the oven and allow to cool on a wire rack.



*The quick and easy way to use this cake mix!*

## 📖 VARIATIONS

Three recipes from the same preparation:

- [Maple chiffon cake](#)
- [Maple and berry pudding](#)
- [Maple muffins](#)