



100% Whole Wheat Cinnamon Raisin Muffins



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



9

CALORIES



158 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup water
- ☐ 1 eggs (see our egg sub guide, if needed)
- ☐ 1.3 cups grain cereal whole (I use Uncle Sam Cereal)
- ☐ 0.3 cup raisins
- ☐ 1 cup flour whole wheat
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.5 teaspoon baking soda

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup honey
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 2 tablespoons oil

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat your oven to 400°F, and line or grease 9 muffin cups.
- ☐ In a large bowl, whisk together the water, egg, cereal, and raisins.
- ☐ Let them sit and soak while you measure out your dry ingredients.
- ☐ In a medium bowl, whisk together the flour, baking powder, cinnamon, baking soda, and salt.
- ☐ Returning to the cereal bowl, stir in the honey, applesauce and oil. Gently stir in the flour mixture, until everything is just combined. Do not overmix.
- ☐ Pour the batter evenly into the 9 muffin cups. They will be rather full.
- ☐ Bake the muffins for 15 to 20 minutes, or until golden brown and a toothpick inserted into the center of a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:23.12, Glycemic Load:7.77, Inflammation Score:-1, Nutrition Score:5.8465218233026%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 157.97kcal (7.9%), Fat: 3.98g (6.12%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 28.9g (9.63%), Net Carbohydrates: 26.64g (9.69%), Sugar: 12.5g (13.89%), Cholesterol: 18.19mg (6.06%), Sodium: 203.19mg (8.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.49%), Manganese: 0.6mg (29.95%), Selenium: 9.9µg (14.14%), Vitamin B1: 0.15mg (10.22%), Fiber: 2.26g (9.06%), Phosphorus: 71.99mg (7.2%), Vitamin B2: 0.12mg (7.05%), Iron: 1.25mg (6.96%), Vitamin B6: 0.13mg (6.67%), Vitamin B3: 1.09mg (5.46%), Magnesium: 21.4mg (5.35%), Calcium: 49.52mg (4.95%), Vitamin E: 0.71mg (4.7%), Copper: 0.09mg (4.28%), Folate: 15.73µg (3.93%), Potassium: 111.82mg (3.19%), Zinc: 0.45mg (3.03%), Vitamin K: 2.57µg (2.45%), Vitamin C: 1.82mg (2.2%), Vitamin B5: 0.17mg (1.7%)