



Anne's Rice Bran Muffins



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



228 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 tsp aluminum-free baking powder
- ☐ 1 tsp baking soda
- ☐ 2 bananas ripe
- ☐ 1 cup brown rice flour sweet
- ☐ 2 tsp cinnamon
- ☐ 0.3 cup non-gmo cornstarch
- ☐ 0.5 cup dairy-free margarine (such as Earth Balance spread)
- ☐ 2 eggs

- ☐ 0.5 tsp nutmeg
- ☐ 1 cup raisins organic
- ☐ 0.3 cup rice bran
- ☐ 0.5 tsp salt
- ☐ 0.3 c sucanat (can sub brown sugar)
- ☐ 0.3 cup tapioca flour
- ☐ 0.3 cup teff flour
- ☐ 0.5 tsp vanilla extract
- ☐ 0.5 tsp xanthan gum

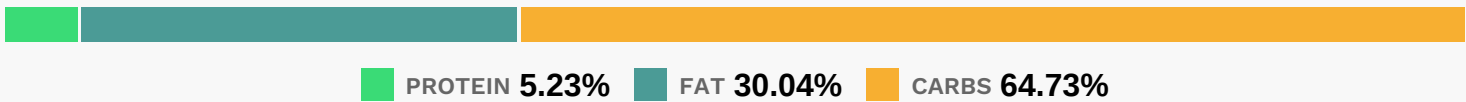
Equipment

- ☐ oven
- ☐ blender
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350 degrees. Grease a muffin tin or two (for 12 muffins) and set aside.Using mixer, cream Sucanat or Rapadura with margarine.
- ☐ Add eggs, peeled bananas, and vanilla. Beat until smooth.
- ☐ Combine remaining dry ingredient together, and add blend to wet mix with hands or a spoon. Scoop batter into muffin tins, filling each cup to the top.
- ☐ Bake 20–30 minutes, or until muffin bounces back when pressed lightly.

Nutrition Facts



Properties

Glycemic Index:15.71, Glycemic Load:7.29, Inflammation Score:-4, Nutrition Score:9.2717391874479%

Flavonoids

Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 227.84kcal (11.39%), Fat: 7.91g (12.17%), Saturated Fat: 2.05g (12.79%), Carbohydrates: 38.36g (12.79%), Net Carbohydrates: 35.21g (12.8%), Sugar: 8.55g (9.5%), Cholesterol: 27.28mg (9.09%), Sodium: 329.2mg (14.31%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 3.1g (6.2%), Manganese: 1.05mg (52.48%), Phosphorus: 172.64mg (17.26%), Vitamin B6: 0.31mg (15.39%), Vitamin E: 2.21mg (14.71%), Fiber: 3.15g (12.6%), Magnesium: 45.07mg (11.27%), Vitamin B1: 0.15mg (9.93%), Vitamin B3: 1.96mg (9.78%), Iron: 1.59mg (8.82%), Vitamin A: 413.18IU (8.26%), Potassium: 269.02mg (7.69%), Calcium: 67.38mg (6.74%), Vitamin B5: 0.58mg (5.84%), Copper: 0.11mg (5.61%), Vitamin K: 5.53µg (5.27%), Vitamin B2: 0.09mg (5.16%), Selenium: 3.07µg (4.38%), Zinc: 0.63mg (4.21%), Vitamin C: 2.38mg (2.89%), Folate: 11.55µg (2.89%), Vitamin B12: 0.07µg (1.09%)