



Apple, Cherry, Pear and Almond Breakfast Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



272 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.3 cup self raising flour
- 0.5 cup almond flour
- 1.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1.5 teaspoon cinnamon
- 0.3 teaspoon nutmeg
- 0.3 teaspoon salt
- 0.5 cup butter unsalted room temperature

- 0.5 cup granulated sugar
- 2 large eggs room temperature
- 0.8 cup cream plain light sour (I used cream)
- 2 teaspoon dave's vanilla and coffee syrup
- 1 tablespoon lemon zest
- 1 apples cored peeled cut into 1/4" dice
- 0.5 cup cherries dried
- 1 pears cored peeled cut into 1/4" dice
- 2 tablespoon brown sugar light
- 2 tablespoon brown sugar light
- 0.3 cup blanched almonds and sliced

Equipment

- bowl
- frying pan
- oven
- blender
- muffin tray

Directions

- Preheat oven to 350 degrees
- Line 12 cup muffin tin with liners and spray with baking spray. Line a tray with almond slices and sit in oven for 4-5 minutes until almonds are just starting to toast, but not brown.
- Remove pan and let cool.
- Place flour, almond meal, baking powder, baking soda, cinnamon, nutmeg, and salt in a bowl and mix well to combine. Set aside
- In a mixer beat 1/2 cup of the butter and sugar until creamed.
- Add one egg at a time until mixed. Scrape down sides of mixer and add sour cream, zest and vanilla blend.

- Add flour ingredients and mix until just blended (do not over-mix)
- Remove bowl from mixer and by hand add apple and cherries, mixing.
- Spoon mixture into each cup filling about 2/3 of the way.
- In a small bowl combine, pear, brown sugar, 2 tablespoons of butter and almonds and combine.
- Place on top of each muffin.
- Bake for 25–30 minutes or until the center of a muffin comes out clean.

Nutrition Facts

PROTEIN 7.45% **FAT 44.9%** **CARBS 47.65%**

Properties

Glycemic Index:39.4, Glycemic Load:13.96, Inflammation Score:-4, Nutrition Score:4.79%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.7mg, Epicatechin: 1.7mg, Epicatechin: 1.7mg, Epicatechin: 1.7mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Taste

Sweetness: 100%, Saltiness: 14.75%, Sourness: 24.46%, Bitterness: 11.85%, Savoriness: 9.83%, Fattiness: 53.46%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 271.72kcal (13.59%), Fat: 13.97g (21.5%), Saturated Fat: 6.39g (39.91%), Carbohydrates: 33.37g (11.12%), Net Carbohydrates: 30.81g (11.2%), Sugar: 18.73g (20.81%), Cholesterol: 56.37mg (18.79%), Sodium: 152.45mg (6.63%), Protein: 5.21g (10.43%), Selenium: 8.48µg (12.12%), Manganese: 0.21mg (10.7%), Vitamin A: 521.18IU (10.42%), Fiber: 2.56g (10.24%), Calcium: 88.02mg (8.8%), Vitamin E: 1.07mg (7.15%), Phosphorus: 69.04mg (6.9%), Vitamin B2: 0.09mg (5.58%), Iron: 0.78mg (4.32%), Copper: 0.08mg (4.05%), Magnesium: 15.5mg (3.87%), Potassium: 115.76mg (3.31%), Folate: 13µg (3.25%), Zinc: 0.41mg (2.71%), Vitamin C: 2.12mg (2.57%), Vitamin B12: 0.15µg (2.51%), Vitamin B5: 0.23mg (2.28%), Vitamin D: 0.34µg (2.25%), Vitamin B1: 0.03mg (1.99%), Vitamin B6: 0.04mg (1.93%), Vitamin K: 1.86µg (1.77%), Vitamin B3: 0.29mg (1.45%)