

Apple Crisp Muffins



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



149 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



1 cup apples diced



2 tsp double-acting baking powder



1 tsp baking soda



0.3 cup brown sugar



2 tsp cinnamon



0.3 tsp ground ginger



0.3 cup maple syrup pure



1 dash nutmeg

- ☐ 0.5 cup sugar raw
- ☐ 0.5 cup rolled oats
- ☐ 0.3 tsp salt
- ☐ 1 cup apple sauce unsweetened
- ☐ 1.5 cups pastry flour whole wheat

Equipment

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

Directions

- ☐ Preheat oven to 350 F. Grease muffin tin or spray paper liners to prevent sticking and set aside. In a large bowl, whisk flour, oats, baking soda, baking powder, salt and spices together until well combined.
- ☐ Add applesauce, sugars and maple, then stir until almost combined. add apples, stirring until just combined. Spoon into muffin cups 3/4 full.
- ☐ Sprinkle additional oats and brown sugar over top if desired.
- ☐ Bake 18–25 minutes, or until a toothpick inserted in the center comes out clean.

- ☐ Nutritional Information
- ☐ Amount Per Serving
- ☐ Calories
- ☐ Fat
- ☐ 40g
- ☐ Carbohydrate
- ☐ 80gDietary Fiber2.40gSugars15.40gProtein1.80g

Nutrition Facts



 **PROTEIN 6.49%**  **FAT 3.89%**  **CARBS 89.62%**

Properties

Glycemic Index:22.96, Glycemic Load:3.02, Inflammation Score:-2, Nutrition Score:6.267826055703%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg, Catechin: 0.28mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg, Epicatechin: 1.88mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 148.58kcal (7.43%), Fat: 0.67g (1.03%), Saturated Fat: 0.13g (0.82%), Carbohydrates: 34.78g (11.59%), Net Carbohydrates: 32.11g (11.67%), Sugar: 19.85g (22.06%), Cholesterol: 0mg (0%), Sodium: 237.81mg (10.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.52g (5.04%), Manganese: 0.99mg (49.66%), Selenium: 10.4µg (14.86%), Fiber: 2.67g (10.7%), Phosphorus: 87.15mg (8.71%), Vitamin B2: 0.12mg (7.31%), Magnesium: 29.03mg (7.26%), Calcium: 70.03mg (7%), Vitamin B1: 0.1mg (6.85%), Iron: 0.94mg (5.25%), Copper: 0.09mg (4.43%), Vitamin B3: 0.83mg (4.14%), Zinc: 0.59mg (3.9%), Vitamin B6: 0.08mg (3.86%), Potassium: 119.3mg (3.41%), Folate: 8.74µg (2.19%), Vitamin B5: 0.15mg (1.51%), Vitamin E: 0.18mg (1.21%)