



WHATSheATE



Banana-Apple-Date Muffins



Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



133 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 Tablespoons agave nectar
- ☐ 0.3 cup apple sauce
- ☐ 1 Tablespoon double-acting baking powder
- ☐ 3 bananas very ripe mashed
- ☐ 1 teaspoon cinnamon
- ☐ 1 cup vanilla non-dairy-milk plain (such as soymilk, ricemilk, oatmilk, etc. – I use oatmilk)
- ☐ 0.3 cup dates seedless finely chopped
- ☐ 0.3 cup apples dried finely chopped

- ☐ 0.8 cup another flour whole wheat
- ☐ 2 Tablespoons unrefined sugar
- ☐ 1 cup flour whole wheat

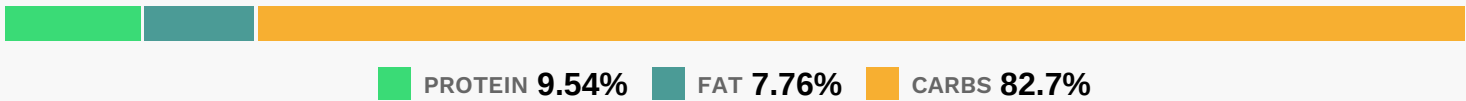
Equipment

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

Directions

- ☐ Preheat the oven to 400°F and line a muffin pan with cupcake/muffin cups. In a large bowl, combine the flour, baking powder, and cinnamon, and mix well.In another bowl, mash the banana with the sugar, non-dairy-milk, applesauce, and agave nectar.
- ☐ Add the chopped dried apples and dates to the wet mixture, and stir well to combine.
- ☐ Pour the wet mixture into the flour mixture, and stir just until combined (do not overmix the batter).
- ☐ Pour into muffin cups and bake for 15–20 minutes, until a toothpick comes out clean.

Nutrition Facts



Properties

Glycemic Index:29.66, Glycemic Load:7.04, Inflammation Score:-2, Nutrition Score:7.4004348257314%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 133.28kcal (6.66%), Fat: 1.23g (1.9%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 29.59g (9.86%), Net Carbohydrates: 26.38g (9.59%), Sugar: 12.63g (14.03%), Cholesterol: 2.44mg (0.81%), Sodium: 116.3mg (5.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.41g (6.83%), Manganese: 0.83mg (41.65%), Selenium: 11.71µg (16.73%), Fiber: 3.21g (12.85%), Phosphorus: 114.47mg (11.45%), Vitamin B6: 0.21mg (10.47%), Calcium: 94.64mg (9.46%), Magnesium: 36.59mg (9.15%), Vitamin B1: 0.12mg (7.74%), Potassium: 233.9mg (6.68%), Vitamin B3: 1.17mg (5.86%), Vitamin B2: 0.09mg (5.39%), Copper: 0.11mg (5.38%), Iron: 0.91mg (5.04%), Vitamin C: 3.32mg (4.02%), Zinc: 0.6mg (4.01%), Folate: 15.45µg (3.86%), Vitamin B5: 0.31mg (3.06%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.49%), Vitamin E: 0.22mg (1.49%), Vitamin K: 1.55µg (1.48%), Vitamin A: 56.16IU (1.12%)