



Banana Blueberry Muffins with Lavender

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 bananas ripe mashed
- ☐ 1 cup blueberries fresh
- ☐ 0.3 cup canola oil
- ☐ 1 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 1.5 teaspoons lavender flowers
- ☐ 0.5 cup milk 1%

- ☐ 0.3 teaspoon salt
- ☐ 1 cup sugar white
- ☐ 0.8 cup flour whole-wheat

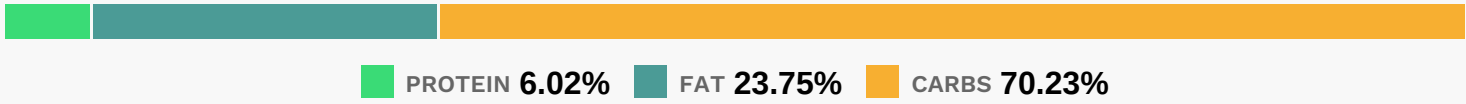
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Spray a 12-cup muffin tin with cooking spray.
- ☐ Combine all-purpose flour, whole-wheat flour, sugar, baking powder, lavender, and salt together in a bowl.
- ☐ Mix bananas, milk, canola oil, and egg together in a separate bowl.
- ☐ Add banana mixture to flour mixture; stir until just combined. Fold in blueberries. Spoon batter into prepared muffin tin.
- ☐ Bake in the preheated oven until golden and a toothpick inserted in the center comes out clean, about 20 minutes. Cool muffins in tin for 5 minutes before transferring to a wire rack.

Nutrition Facts



Properties

Glycemic Index:27.66, Glycemic Load:20.33, Inflammation Score:-2, Nutrition Score:5.9978260682977%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg,

Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg
Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg
Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.02mg, Luteolin:
0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg,
Kaempferol: 0.23mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.96mg,
Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg,
Galocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 203.5kcal (10.18%), Fat: 5.56g (8.56%), Saturated Fat: 0.59g (3.67%), Carbohydrates: 37.01g (12.34%), Net
Carbohydrates: 35.12g (12.77%), Sugar: 20.82g (23.13%), Cholesterol: 14.13mg (4.71%), Sodium: 129mg (5.61%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.35%), Manganese: 0.47mg (23.64%), Selenium: 9.81µg
(14.01%), Vitamin B1: 0.14mg (9.14%), Phosphorus: 75.83mg (7.58%), Fiber: 1.89g (7.57%), Folate: 28.96µg (7.24%),
Vitamin B2: 0.12mg (6.88%), Vitamin E: 1.01mg (6.71%), Vitamin B6: 0.13mg (6.29%), Calcium: 61.02mg (6.1%),
Vitamin B3: 1.18mg (5.91%), Vitamin K: 6µg (5.71%), Iron: 1mg (5.54%), Magnesium: 20.42mg (5.1%), Potassium:
139.45mg (3.98%), Vitamin C: 2.98mg (3.61%), Copper: 0.07mg (3.61%), Zinc: 0.41mg (2.72%), Vitamin B5: 0.26mg
(2.64%), Vitamin B12: 0.09µg (1.54%), Vitamin A: 60.87IU (1.22%), Vitamin D: 0.18µg (1.21%)