



Banana-Coconut Muffins

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



235 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 1.5 cups banana ripe mashed (3-4 medium)
- 0.8 cup brown sugar packed
- 0.3 cup canola oil
- 0.5 cup coconut milk refrigerated (such as So Delicious brand)
- 1 eggs
- 1 egg whites

- 1.3 cups flour all-purpose
- 0.3 teaspoon salt
- 0.5 cup coconut shredded unsweetened divided lightly toasted
- 1 teaspoon vanilla extract pure
- 0.7 cup pastry flour whole-wheat

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- loaf pan
- skewers
- muffin tray

Directions

- Preheat oven to 37
- Place paper liners in a 12-cup muffin pan.
- Whisk dry ingredients (through salt) in a large bowl.
- Whisk bananas, egg, egg white, oil, vanilla, and coconut milk in another large bowl until well combined.
- Stir together wet and dry ingredients until just combined. Gently fold in 1/4 cup of the coconut.
- Transfer the batter to the prepared pan. Top with the remaining coconut.
- Bake until golden brown and a skewer inserted in center of a muffin comes out clean (about 25 minutes).
- Transfer to a wire rack and cool slightly.
- Note: If you want to make a loaf, spread batter into a 9- x 5-inch loaf pan lightly coated with baking spray and flour.

Bake until golden brown and a skewer inserted in the center comes out clean (50 to 55 minutes). Cool in the pan for 10 minutes, then place on a wire rack and let cool.

Nutrition Facts



PROTEIN 6.17% **FAT 36.82%** **CARBS 57.01%**

Properties

Glycemic Index:26.56, Glycemic Load:10.04, Inflammation Score:-2, Nutrition Score:6.6173912934635%

Flavonoids

Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg 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: 235.13kcal (11.76%), Fat: 9.89g (15.22%), Saturated Fat: 4.53g (28.3%), Carbohydrates: 34.47g (11.49%), Net Carbohydrates: 32.27g (11.73%), Sugar: 16.05g (17.83%), Cholesterol: 13.64mg (4.55%), Sodium: 173.81mg (7.56%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 3.73g (7.46%), Manganese: 0.61mg (30.31%), Selenium: 11.52µg (16.46%), Vitamin B1: 0.15mg (10.29%), Folate: 35.73µg (8.93%), Fiber: 2.21g (8.83%), Iron: 1.56mg (8.64%), Vitamin B2: 0.13mg (7.37%), Phosphorus: 71.8mg (7.18%), Vitamin B3: 1.38mg (6.9%), Magnesium: 27.11mg (6.78%), Vitamin B6: 0.13mg (6.42%), Vitamin E: 0.95mg (6.31%), Copper: 0.12mg (6.19%), Potassium: 175.9mg (5.03%), Vitamin K: 3.61µg (3.44%), Zinc: 0.48mg (3.21%), Calcium: 31.49mg (3.15%), Vitamin B5: 0.29mg (2.88%), Vitamin C: 1.78mg (2.16%)