



## Banana-Date Muffins

 Vegetarian

READY IN



35 min.

SERVINGS



12

CALORIES



339 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2.5 cups pinenuts
- 1.3 cups flour all-purpose
- 0.3 cup brown sugar packed
- 1 teaspoon baking soda
- 0.3 teaspoon salt
- 1 cup buttermilk
- 0.3 cup canola oil
- 0.5 teaspoon vanilla

- 1 eggs
- 0.5 cup raisins pitted chopped
- 1.5 teaspoons granulated sugar

## Equipment

- bowl
- frying pan
- oven
- wire rack
- ziploc bags
- muffin liners
- rolling pin
- meat tenderizer

## Directions

- Heat oven to 400°F. Spray bottoms only of 12 regular-size muffin cups with cooking spray, or line with paper baking cups. Spray bottoms only of paper baking cups with cooking spray. In large resealable food-storage plastic bag, coarsely crush cereal with rolling pin or meat mallet to measure 1 3/4 cups.
- In large bowl, mix crushed cereal, flour, brown sugar, baking soda and salt. In medium bowl, beat buttermilk, oil, vanilla and egg until blended.
- Add buttermilk mixture to flour mixture; stir just until dry ingredients are moistened. Stir in dates. Spoon batter into muffin cups.
- Sprinkle with coarse sugar.
- Bake 18 to 20 minutes or until light golden brown.
- Remove from pan to cooling rack.
- Serve warm or cool.

## Nutrition Facts



■ PROTEIN 7.28% ■ FAT 63.57% ■ CARBS 29.15%

## Properties

Glycemic Index:19.57, Glycemic Load:10.39, Inflammation Score:-4, Nutrition Score:13.697826030462%

## Nutrients (% of daily need)

Calories: 339.08kcal (16.95%), Fat: 25.08g (38.58%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 25.88g (8.63%), Net Carbohydrates: 24.07g (8.75%), Sugar: 8.48g (9.42%), Cholesterol: 15.84mg (5.28%), Sodium: 170.1mg (7.4%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 6.46g (12.92%), Manganese: 2.59mg (129.34%), Vitamin E: 3.5mg (23.34%), Copper: 0.42mg (20.95%), Phosphorus: 204.83mg (20.48%), Magnesium: 78.28mg (19.57%), Vitamin K: 18.6µg (17.71%), Vitamin B1: 0.22mg (14.82%), Zinc: 2.04mg (13.61%), Iron: 2.43mg (13.5%), Vitamin B2: 0.19mg (11.21%), Vitamin B3: 2.1mg (10.49%), Selenium: 6.59µg (9.41%), Folate: 36.36µg (9.09%), Potassium: 272.14mg (7.78%), Fiber: 1.8g (7.21%), Calcium: 38.32mg (3.83%), Vitamin B6: 0.06mg (2.98%), Vitamin B5: 0.29mg (2.88%), Vitamin D: 0.33µg (2.22%), Vitamin B12: 0.12µg (2.08%), Vitamin A: 60.96IU (1.22%)