



Berries and Spice Muffins

 Dairy Free

READY IN



40 min.

SERVINGS



12

CALORIES



152 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon allspice
- 1 teaspoon double-acting baking powder
- 0.8 teaspoon baking soda
- 1 cup blackberries fresh (I used half blueberry, half blackberry)
- 0.3 cup brown sugar
- 0.5 teaspoon cinnamon
- 1 tablespoon ground flaxseed
- 2 teaspoons juice of lemon

- 0.5 tablespoon butter melted
- 3 tablespoons pecans chopped
- 0.1 teaspoon salt
- 1.3 cup soymilk
- 0.3 cup sugar
- 1 cup unbleached flour white
- 0.5 tablespoon water
- 1 cup flour whole wheat white (regular ww flour will do)

Equipment

- oven
- toothpicks
- muffin liners

Directions

- Mix the first five ingredients together and set aside to use as topping. *For a margarine-free version, eliminate the margarine and water and sprinkle the topping onto the muffins.
- Mix the dry ingredients, flour through salt, together. Make a well in the middle.
- Mix the soymilk with the lemon juice and pour it into the dry ingredients. Stir just until moistened (overstirring will make muffins tough). Fold in the berries. Spoon the batter into muffin cups that have been oiled or lined with silicon muffin cups. (I do not recommend using paper liners with oil-free muffins—they stick!) Top each muffin with an equal amount of the pecan mixture.
- Bake for 15–20 minutes, until a toothpick inserted comes out clean. Cool in pans on a rack for 5 minutes.
- Remove from pans and cool slightly before serving warm.

Nutrition Facts



■ PROTEIN 9.92% ■ FAT 19.93% ■ CARBS 70.15%

Properties

Glycemic Index:29.13, Glycemic Load:9.27, Inflammation Score:-2, Nutrition Score:4.6504348516464%

Flavonoids

Cyanidin: 12.26mg, Cyanidin: 12.26mg, Cyanidin: 12.26mg, Cyanidin: 12.26mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 4.63mg, Catechin: 4.63mg, Catechin: 4.63mg, Catechin: 4.63mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg, Epicatechin: 0.58mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 151.93kcal (7.6%), Fat: 3.46g (5.32%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 27.41g (9.14%), Net Carbohydrates: 24.96g (9.08%), Sugar: 11.4g (12.67%), Cholesterol: 0mg (0%), Sodium: 148.49mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.75%), Manganese: 0.31mg (15.31%), Fiber: 2.45g (9.79%), Calcium: 76.47mg (7.65%), Selenium: 5.12µg (7.32%), Vitamin E: 0.9mg (6.01%), Vitamin C: 4.78mg (5.8%), Copper: 0.11mg (5.57%), Vitamin B3: 1.1mg (5.5%), Vitamin B12: 0.28µg (4.73%), Folate: 16.12µg (4.03%), Vitamin B6: 0.08mg (3.95%), Vitamin B2: 0.07mg (3.95%), Iron: 0.71mg (3.95%), Vitamin B1: 0.05mg (3.56%), Phosphorus: 31.2mg (3.12%), Vitamin A: 151.73IU (3.03%), Potassium: 101mg (2.89%), Magnesium: 11mg (2.75%), Vitamin K: 2.55µg (2.42%), Zinc: 0.36mg (2.39%), Vitamin D: 0.31µg (2.1%), Vitamin B5: 0.11mg (1.14%)