



Blueberry Muffins with Lemon Blackberry Glaze



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



449 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons agave nectar
- ☐ 1.7 cups almond flour
- ☐ 2 tablespoons blackberry juice (from)
- ☐ 1.5 cups blueberries fresh
- ☐ 0.5 cup cashew pieces fine
- ☐ 1 tablespoon coconut oil
- ☐ 1 cup ground flaxseed whole ()

- ☐ 2 tablespoons juice of lemon (from)
- ☐ 0.3 teaspoon sea salt
- ☐ 1 tablespoon vanilla extract
- ☐ 1 tablespoon water filtered as needed

Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ blender
- ☐ muffin liners
- ☐ muffin tray
- ☐ dehydrator

Directions

- ☐ To make the muffins, mix together the almond meal, flax meal, and salt in a mixing bowl.
- ☐ Add the agave syrup, vanilla, and coconut oil and mix well.
- ☐ Add the water and mix to a batter consistency. Fold in the blueberries.
- ☐ Place 6 cupcake liners into a muffin pan and spoon about 1/2 cup dough into each.
- ☐ Place the pan in the dehydrator and dehydrate at 104°F for 4 to 6 hours, until the batter is dry and to desired consistency.
- ☐ To make the glaze, combine the cashews, blackberry juice, lemon juice, agave syrup, and water in the Personal Blender with the 1-cup container and blend until smooth.
- ☐ To serve, frost each muffin with the glaze.
- ☐ Will keep for several days refrigerated. Can be frozen for several weeks and thawed. Warm muffins in the dehydrator at 104°F for an hour or two before serving.
- ☐ From Ani's Raw Food Desserts: 85 Easy, Delectable Sweets and Treats by Ani Phyo. Copyright © 2009 by Ani Phyo. Food photographs Copyright © 2009 by Seth Beck. Used by permission of Da Capo Press.

Nutrition Facts



Properties

Glycemic Index:22.37, Glycemic Load:3.46, Inflammation Score:-6, Nutrition Score:15.081739121157%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 449.41kcal (22.47%), Fat: 33.85g (52.07%), Saturated Fat: 4.84g (30.24%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 17.59g (6.4%), Sugar: 11.5g (12.78%), Cholesterol: 0mg (0%), Sodium: 108.59mg (4.72%), Alcohol: 0.75g (100%), Alcohol %: 0.73% (100%), Protein: 13.73g (27.47%), Manganese: 0.97mg (48.51%), Fiber: 11.85g (47.4%), Magnesium: 138.8mg (34.7%), Vitamin B1: 0.51mg (33.76%), Copper: 0.59mg (29.29%), Phosphorus: 239.99mg (24%), Iron: 3.58mg (19.89%), Calcium: 140.35mg (14.03%), Selenium: 9.07µg (12.96%), Vitamin K: 13.54µg (12.9%), Zinc: 1.84mg (12.3%), Vitamin C: 8.93mg (10.83%), Vitamin B6: 0.21mg (10.47%), Potassium: 329.73mg (9.42%), Folate: 31.21µg (7.8%), Vitamin B3: 1.15mg (5.76%), Vitamin B2: 0.08mg (4.63%), Vitamin B5: 0.41mg (4.09%), Vitamin E: 0.56mg (3.73%)