

Carrot Chia Spelt Muffins



Dairy Free



Popular

READY IN



40 min.

SERVINGS



9

CALORIES



274 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup apple sauce sweetened mashed
- ☐ 2 t double-acting baking powder
- ☐ 0.5 t baking soda
- ☐ 2 T cacao nibs for crunch and nutrition
- ☐ 1 cup carrots shredded (I used)
- ☐ 2 T chia seeds
- ☐ 0.5 c t non-dairy milk
- ☐ 0.3 cup olive oil extra virgin

- ☐ 0.3 c maple syrup
- ☐ 1.5 t pumpkin spice (or mix of 1 t cinnamon and)
- ☐ 3 T raisins
- ☐ 0.3 t sea salt
- ☐ 2 cups rice flour (See note below)
- ☐ 3 T sugar (I used sucanat, but regular works)
- ☐ 1.5 t vanilla

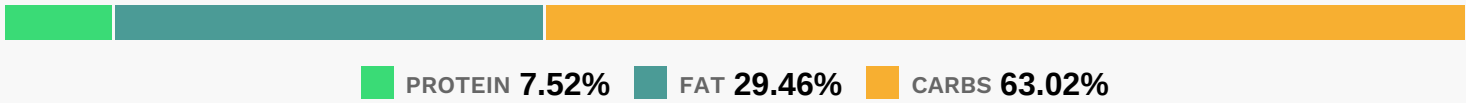
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375F.
- ☐ Mix dry ingredients together in a large bowl.
- ☐ Mix wet ingredients together in a medium sized bowl and add wet to dry, mixing until combined. Spoon into greased muffin tin. Cook for 25 – 27 min.

Nutrition Facts



Properties

Glycemic Index:35.81, Glycemic Load:7.92, Inflammation Score:-9, Nutrition Score:8.6982608567113%

Flavonoids

Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 274.08kcal (13.7%), Fat: 8.93g (13.74%), Saturated Fat: 1.54g (9.6%), Carbohydrates: 42.99g (14.33%), Net Carbohydrates: 36.82g (13.39%), Sugar: 13.51g (15.01%), Cholesterol: 0mg (0%), Sodium: 263.46mg (11.45%), Alcohol: 0.24g (100%), Alcohol %: 0.28% (100%), Protein: 5.13g (10.26%), Vitamin A: 2445.67IU (48.91%), Fiber: 6.17g (24.66%), Manganese: 0.43mg (21.41%), Calcium: 114.93mg (11.49%), Iron: 2.02mg (11.2%), Vitamin B2: 0.18mg (10.64%), Vitamin E: 1.33mg (8.88%), Vitamin B6: 0.15mg (7.63%), Potassium: 230.08mg (6.57%), Phosphorus: 59.97mg (6%), Magnesium: 23.63mg (5.91%), Vitamin K: 5.69µg (5.42%), Vitamin C: 4.34mg (5.26%), Vitamin B3: 1.05mg (5.23%), Copper: 0.08mg (4.21%), Vitamin B1: 0.05mg (3.58%), Folate: 13.42µg (3.36%), Selenium: 2.1µg (3%), Vitamin B12: 0.14µg (2.36%), Zinc: 0.31mg (2.04%), Vitamin B5: 0.12mg (1.25%), Vitamin D: 0.16µg (1.05%)