



Carrot Quinoa Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



307 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.1 tsp allspice
- 1 tsp baking soda
- 1 tbsp granulated sugar
- 1.3 c carrots loosely packed grated
- 0.5 tsp cinnamon
- 0.3 cup coconut oil melted
- 1 c quinoa cooked
- 0.5 c t brown sugar dark organic

- 2 eggs lightly beaten
- 0.3 c kamut flour
- 1 can coconut milk refrigerated
- 0.5 c greek yogurt
- 0.1 tsp ground ginger
- 0.1 tsp nutmeg
- 0.5 tsp salt
- 0.5 c rice flour
- 0.3 c coconut flakes unsweetened toasted
- 0.3 c coconut flakes unsweetened toasted
- 1 tsp vanilla
- 0.5 tsp vanilla extract pure
- 0.5 c walnuts toasted chopped
- 0.8 c pastry flour whole wheat

Equipment

- bowl
- oven
- mixing bowl
- hand mixer
- toothpicks
- muffin tray

Directions

- Muffins
- Preheat the oven to 350F. Grease or line a muffin tin with paper liners and set aside. In a large bowl, mix quinoa, sugar, flours, baking soda, cinnamon, ginger, nutmeg, allspice, and salt. In a smaller bowl, mix coconut oil, Chobani pineapple greek yogurt, vanilla, and eggs.

- Add the wet ingredients to the dry ingredients .. then gently fold in the carrots, coconut, and walnuts .. until just mixed.Divide the batter evenly such that none of the muffin tins is filled more than 3/4 full (ish 16 standard size muffins)
- Bake 20–25 minutes, until golden brown and a toothpick inserted comes out clean.[br]Coconut Whip
- Open the can of coconut milk and scoop the top layer of white, fatty goodness into a decent sized mixing bowl (discard the coconut water or save it for smoothies). Blend the chunks of coconut milk with a hand mixer on high speed for 15–20 seconds, just until the mixture turns to liquid. Sift in the powdered sugar (amount depends on how sweet you like it) and mix until combined.
- Add the vanilla extract and blend on high speed for 1–2 minutes, until light and creamy. Whipped cream is best served immediately, but can be stored in an air tight container for up to three days. It will harden in the fridge, so when ready to serve, simply blend with a hand mixer on high speed until creamy again.

Nutrition Facts

PROTEIN 8.05%

FAT 55.4%

CARBS 36.55%

Properties

Glycemic Index:33.24, Glycemic Load:3.59, Inflammation Score:-9, Nutrition Score:11.003043478261%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 99.58%, Saltiness: 61.25%, Sourness: 26.88%, Bitterness: 34.89%, Savoriness: 34.69%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 307.21kcal (15.36%), Fat: 19.77g (30.41%), Saturated Fat: 13.67g (85.42%), Carbohydrates: 29.34g (9.78%), Net Carbohydrates: 25.74g (9.36%), Sugar: 11.77g (13.07%), Cholesterol: 27.7mg (9.23%), Sodium: 234.22mg (10.18%), Protein: 6.46g (12.92%), Manganese: 1.08mg (53.85%), Vitamin A: 2270.66IU (45.41%), Selenium: 11.87µg (16.95%), Phosphorus: 150.98mg (15.1%), Fiber: 3.6g (14.4%), Magnesium: 55.33mg (13.83%), Copper: 0.28mg (13.78%), Iron: 2.48mg (13.78%), Vitamin B1: 0.12mg (7.77%), Potassium: 260.33mg (7.44%), Vitamin B6: 0.15mg

(7.28%), Zinc: 1.08mg (7.23%), Vitamin B2: 0.11mg (6.62%), Folate: 26.02µg (6.5%), Vitamin B3: 1.13mg (5.65%), Calcium: 44.36mg (4.44%), Vitamin B5: 0.37mg (3.74%), Vitamin E: 0.4mg (2.66%), Vitamin K: 2.21µg (2.1%), Vitamin B12: 0.12µg (2.06%), Vitamin C: 1.23mg (1.5%)