



Cherry Blueberry Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 tablespoons smooth almond butter
- 4 tablespoons smooth almond butter
- 0.5 cup almond flour
- 2 teaspoons double-acting baking powder
- 0.1 teaspoon baking soda
- 0.5 cup blueberries
- 1 cup cherries pitted roughly chopped
- 2 eggs

- 1 tablespoon juice of lemon
- 2 teaspoons lemon zest
- 0.5 teaspoon sea salt
- 0.3 cup sugar
- 1.5 cups unbleached flour white
- 2 teaspoons vanilla
- 1 cup yogurt (I used goat milk yogurt)

Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- toothpicks
- muffin liners

Directions

- Grease twelve regular sized muffin cups well with butter or oil. In a large bowl, combine the flours, baking powder, baking soda, sugar, lemon zest and salt. Make a well in the center of the ingredients and set aside. In another bowl, combine the yogurt with the lemon juice.
- Add the eggs, one at a time, whisking well after each addition. Now add the vanilla and almond butter and whisk until well combined.
- Pour this mixture into the dry ingredients and stir just to combine. Gently fold in the cherries and blueberries. Divide the batter evenly into the prepared muffin cups and bake in a preheat 350 degree oven for 20 - 25 minutes, or until a cake tester or toothpick comes out clean. Leave the muffins in the pan for 10 minutes and then transfer to a wire rack to cool. Yields 12 berry filled muffins.

Nutrition Facts



■ PROTEIN 13.26% ■ FAT 43.49% ■ CARBS 43.25%

Properties

Glycemic Index:24.26, Glycemic Load:11.07, Inflammation Score:-2, Nutrition Score:6.6734782608696%

Flavonoids

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Nutrients (% of daily need)

Calories: 202.29kcal (10.11%), Fat: 10.09g (15.52%), Saturated Fat: 1.42g (8.9%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 20.18g (7.34%), Sugar: 7.99g (8.88%), Cholesterol: 29.52mg (9.84%), Sodium: 200.8mg (8.73%), Alcohol: 0.23g (1.27%), Protein: 6.92g (13.84%), Manganese: 0.39mg (19.39%), Vitamin E: 2.78mg (18.55%), Selenium: 9.03µg (12.9%), Phosphorus: 124.37mg (12.44%), Calcium: 122.25mg (12.22%), Vitamin B2: 0.18mg (10.55%), Magnesium: 39.42mg (9.85%), Fiber: 2.4g (9.59%), Copper: 0.15mg (7.73%), Iron: 0.97mg (5.37%), Potassium: 180.33mg (5.15%), Zinc: 0.66mg (4.4%), Folate: 15.58µg (3.9%), Vitamin C: 2.58mg (3.13%), Vitamin B5: 0.31mg (3.11%), Vitamin B3: 0.6mg (3.02%), Vitamin D: 0.41µg (2.74%), Vitamin B6: 0.05mg (2.44%), Vitamin B1: 0.04mg (2.37%), Vitamin A: 91.21IU (1.82%), Vitamin K: 1.56µg (1.49%), Vitamin B12: 0.08µg (1.33%)