



Cinnamon-Raisin Muffins with Streusel Topping

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



18

CALORIES



203 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 2 tablespoons brown rice flour red (such as Bob's Mill)
- 3.3 ounces brown rice flour red ()
- 0.3 cup canola oil
- 1.5 tablespoons canola oil
- 2 large eggs
- 0.8 cup granulated sugar

- 0.5 teaspoon ground cinnamon
- 0.3 cup brown sugar light packed
- 0.8 cup potato flour
- 0.8 cup raisins
- 0.5 teaspoon salt
- 1 cup soy milk plain
- 0.5 cup tapioca flour
- 1 teaspoon vanilla extract
- 0.3 cup walnuts chopped
- 0.3 cup walnuts toasted chopped
- 1.5 teaspoons xanthan gum

Equipment

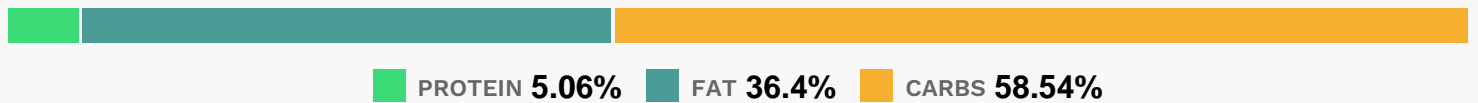
- bowl
- oven
- knife
- whisk
- wire rack
- muffin liners
- measuring cup

Directions

- Preheat oven to 40
- To prepare streusel, combine first 5 ingredients in a small bowl with a fork until mixture resembles small peas.
- To prepare muffins, place 18 paper muffin cup liners in muffin cups. Coat liners with cooking spray; set aside.
- Weigh or lightly spoon brown rice flour, potato starch, and tapioca flour into dry measuring cups; level with a knife.

- Combine brown rice flour, potato starch, tapioca flour, granulated sugar, and next 4 ingredients in a large bowl, stirring with a whisk. Stir in raisins and walnuts; make a well in center of mixture.
- Combine oil, vanilla, and eggs in a medium bowl, stirring with a whisk. Stir in soy milk; add to rice flour mixture, stirring just until moist. Spoon batter evenly into prepared muffin cups.
- Sprinkle batter evenly with streusel topping.
- Bake at 400 for 20 minutes or until muffins are lightly browned and spring back when touched lightly in center. Cool in pans 5 minutes on a wire rack.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:8.71, Inflammation Score:-1, Nutrition Score:5.1982609500056%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg

Nutrients (% of daily need)

Calories: 203.42kcal (10.17%), Fat: 8.48g (13.05%), Saturated Fat: 0.84g (5.27%), Carbohydrates: 30.69g (10.23%), Net Carbohydrates: 29.1g (10.58%), Sugar: 12.04g (13.37%), Cholesterol: 20.67mg (6.89%), Sodium: 163.82mg (7.12%), Alcohol: 0.08g (100%), Alcohol %: 0.16% (100%), Protein: 2.65g (5.31%), Manganese: 0.42mg (20.77%), Vitamin E: 1.44mg (9.57%), Vitamin B6: 0.17mg (8.39%), Phosphorus: 75.11mg (7.51%), Calcium: 73.78mg (7.38%), Fiber: 1.59g (6.35%), Copper: 0.12mg (6.01%), Vitamin B3: 1.18mg (5.89%), Potassium: 181.71mg (5.19%), Magnesium: 19.53mg (4.88%), Vitamin B1: 0.07mg (4.76%), Vitamin B2: 0.08mg (4.57%), Iron: 0.77mg (4.3%), Vitamin K: 3.91µg (3.72%), Selenium: 2.37µg (3.38%), Folate: 12.88µg (3.22%), Vitamin B12: 0.19µg (3.18%), Zinc: 0.41mg (2.72%), Vitamin B5: 0.24mg (2.43%), Vitamin C: 1.57mg (1.9%), Vitamin D: 0.27µg (1.79%), Vitamin A: 82.34IU (1.65%)