



Cinnamon Sugar Donut Mini Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



87 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 1.3 teaspoons double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 1 tablespoon buttermilk at room temperature
- ☐ 1 large eggs at room temperature
- ☐ 1 teaspoon ground cinnamon
- ☐ 6 tablespoons milk at room temperature
- ☐ 0.3 teaspoon nutmeg freshly ground

- ☐ 0.4 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons butter unsalted melted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ muffin liners
- ☐ mini muffin tray

Directions

- ☐ Preheat oven to 375 degrees. Spray 16 mini muffin pan with nonstick cooking spray or rub with butter. In a medium bowl, sift or thoroughly stir (I don't sift anything before I've had a cup of coffee) together the flour, baking powder, salt, nutmeg, and baking soda. In a separate bowl, whisk together the milk and buttermilk. In a large bowl, beat butter and sugar with a mixer until light and fluffy. Beat in egg until just combined. Set mixer on low speed, and beat in one fourth of the dry ingredients. Then beat in one third of the milk mixture. Continue to alternate until all ingredients are incorporated, finishing with dry ingredients. Be careful not to over mix (Note: I added the flour and stirred it in by hand). Fill the prepared muffin cups with batter – it will be pretty stiff.
- ☐ Bake until lightly golden and firm to the touch, about 15 minutes.
- ☐ Let the muffins cool in the pan for 5 minutes.
- ☐ Remove the muffins from the tin and let cool (I put the muffins in the sugar while warm).
- ☐ Combine cinnamon and sugar in a Ziploc bag. . Once the muffins have cooled (mine were still warm), brush each one with the melted butter. Then place a few muffins in the bag with the cinnamon and sugar mixture. Shake well to coat the muffins. Repeat. Makes 16

Nutrition Facts



 PROTEIN **8.51%**  FAT **28.77%**  CARBS **62.72%**

Properties

Glycemic Index:23.82, Glycemic Load:9.58, Inflammation Score:-1, Nutrition Score:2.4291304159586%

Nutrients (% of daily need)

Calories: 86.58kcal (4.33%), Fat: 2.78g (4.27%), Saturated Fat: 1.6g (9.97%), Carbohydrates: 13.63g (4.54%), Net Carbohydrates: 13.24g (4.81%), Sugar: 4.53g (5.03%), Cholesterol: 18.05mg (6.02%), Sodium: 104.32mg (4.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.7%), Selenium: 5.13µg (7.33%), Vitamin B1: 0.1mg (6.47%), Folate: 23.07µg (5.77%), Manganese: 0.1mg (5.21%), Vitamin B2: 0.08mg (4.9%), Iron: 0.65mg (3.6%), Vitamin B3: 0.7mg (3.52%), Phosphorus: 32.95mg (3.29%), Calcium: 31.88mg (3.19%), Vitamin A: 93.53IU (1.87%), Fiber: 0.39g (1.56%), Vitamin B5: 0.13mg (1.27%), Vitamin D: 0.18µg (1.17%), Vitamin B12: 0.07µg (1.12%), Copper: 0.02mg (1.05%), Zinc: 0.15mg (1.03%)