



Cinnamon Swirl Muffins

READY IN



45 min.

SERVINGS



12

CALORIES



144 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup agave nectar
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- 2 tablespoons ground flaxseed
- 0.5 teaspoon nutmeg
- 0.7 cup orange juice
- 0.5 teaspoon salt
- 0.5 cup non-dairy milk (or other non-dairy milk)

- 0.3 cup vanilla-flavored soy yogurt
- 4 tablespoons agave nectar (substitute agave nectar if you dare)
- 1 cup unbleached flour
- 1 teaspoon vanilla extract
- 1 cup flour whole wheat white (I used)

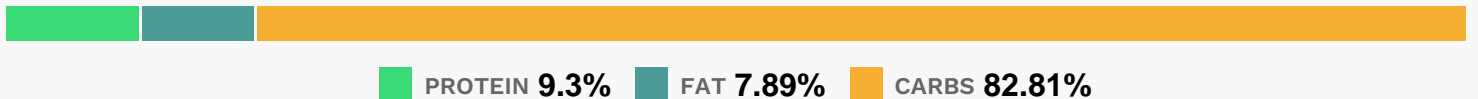
Equipment

- bowl
- oven
- knife
- toothpicks

Directions

- Mix together dry ingredients (flour through flax seeds) in a large bowl. In a smaller bowl, mix wet ingredients (yogurt through agave). In an even smaller bowl, mix the sugar and cinnamon.
- Pour the wet mixture into the flour mixture and stir just until thoroughly moistened. Do not beat or overmix. Spoon about 1 heaping tablespoon of batter into each muffin cup.
- Sprinkle each half-full muffin with 1/2 teaspoon of cinnamon sugar and fill with remaining batter.
- Sprinkle remaining cinnamon sugar over each muffin. Take a toothpick or thin knife, insert it into the batter and swirl gently.
- Bake for 17-22 minutes, until a toothpick inserted into the center of a muffin comes out clean. Cool for a few minutes before serving.

Nutrition Facts



Properties

Glycemic Index:31.78, Glycemic Load:7.77, Inflammation Score:-2, Nutrition Score:3.8626086789629%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg, Hesperetin: 1.65mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 144.2kcal (7.21%), Fat: 1.27g (1.96%), Saturated Fat: 0.13g (0.8%), Carbohydrates: 30.03g (10.01%), Net Carbohydrates: 28.23g (10.27%), Sugar: 12.85g (14.28%), Cholesterol: 0mg (0%), Sodium: 265.9mg (11.56%), Alcohol: 0.11g (100%), Alcohol %: 0.21% (100%), Protein: 3.37g (6.75%), Vitamin C: 11.19mg (13.57%), Calcium: 76.07mg (7.61%), Manganese: 0.15mg (7.34%), Fiber: 1.8g (7.2%), Selenium: 4.96µg (7.08%), Vitamin B1: 0.07mg (4.4%), Folate: 16.66µg (4.16%), Vitamin B6: 0.08mg (3.81%), Vitamin K: 3.78µg (3.6%), Phosphorus: 35.01mg (3.5%), Vitamin B2: 0.06mg (3.47%), Iron: 0.58mg (3.2%), Vitamin B3: 0.63mg (3.18%), Vitamin E: 0.46mg (3.07%), Copper: 0.05mg (2.73%), Magnesium: 9.33mg (2.33%), Potassium: 74.63mg (2.13%), Vitamin B12: 0.11µg (1.77%), Vitamin A: 66.99IU (1.34%), Vitamin D: 0.2µg (1.33%), Zinc: 0.18mg (1.18%)