



Cocoa-Almond Monkey Bread Bites

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



365 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons active yeast dry
- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup canola oil
- ☐ 0.3 cup cocoa powder
- ☐ 0.5 cup dairy-free margarine
- ☐ 0.3 cup so delicious dairy free vanilla almond plus almondmilk
- ☐ 0.5 cup so delicious dairy free original almond plus almondmilk at room temperature
- ☐ 0.5 cup dairy-free chocolate chips mini

- ☐ 1 large eggs beaten
- ☐ 2.5 cups flour all-purpose
- ☐ 0.8 cup brown sugar light packed
- ☐ 1 cup powdered sugar
- ☐ 1 teaspoon salt
- ☐ 0.5 cup slivered almonds
- ☐ 1 tsp vanilla extract

Equipment

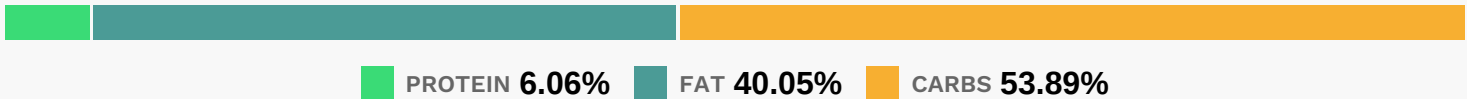
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350°F. Liberally grease a 12-cup muffin tin.
- ☐ Pour almond milk into a medium bowl.
- ☐ Sprinkle yeast over the top of the milk and let sit 10 minutes until foamy. Stir in sugar, oil, egg, and vanilla until smooth. In a large bowl, whisk together flour, cocoa powder, and salt. Make a well in the middle of the flour mixture, then pour the wet ingredients in the center of the well. Stir wet into dry until it comes together in a pliable dough. Turn dough out onto a lightly floured surface. Knead dough for 3–4 minutes until dough is soft and silky.
- ☐ Roll dough out into roughly a 12×12 inch square. Slice dough into approximately 60 small squares.
- ☐ Place margarine in a medium microwave-safe bowl. Put bowl in microwave and heat on high for 30 seconds until melted.
- ☐ Pour brown sugar in a separate medium bowl.

- ☐
- Place dough squares in bowl with melted margarine, and toss to coat. Using clean hands, remove dough from bowl with margarine and place in bowl with sugar. Toss buttered dough to coat with sugar. Fill each cup of the muffin tin with 5 squares of dough, and sprinkle with miniature chocolate chips. Repeat until all muffin cups are filled, then drizzle muffins with any remaining margarine. Lightly cover pan and let sit 30 minutes until dough is slightly risen. Once dough finishes rising, place in preheated oven and bake 15–20 minutes, until monkey bread muffins are risen and baked through.
- ☐
- Remove from oven and let sit 20–25 minutes until slightly warm. Carefully invert muffin pan and carefully remove muffins. In a small bowl, whisk together vanilla almond milk, powdered sugar, and almond extract, until thin and free of lumps.
- ☐
- Drizzle icing over monkey bread muffins, and sprinkle with slivered almonds.
- ☐
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:12.65, Glycemic Load:14.57, Inflammation Score:-6, Nutrition Score:9.4704348211703%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.55mg, Epicatechin: 3.55mg, Epicatechin: 3.55mg, Epicatechin: 3.55mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 365.49kcal (18.27%), Fat: 16.75g (25.76%), Saturated Fat: 3.95g (24.67%), Carbohydrates: 50.7g (16.9%), Net Carbohydrates: 48.07g (17.48%), Sugar: 27.38g (30.42%), Cholesterol: 15.5mg (5.17%), Sodium: 273.21mg (11.88%), Alcohol: 0.15g (100%), Alcohol %: 0.19% (100%), Caffeine: 4.12mg (1.37%), Protein: 5.7g (11.39%), Vitamin E: 4.22mg (28.15%), Vitamin B1: 0.28mg (18.86%), Manganese: 0.36mg (18.13%), Folate: 69.16µg (17.29%), Selenium: 11.15µg (15.93%), Vitamin B2: 0.26mg (15.04%), Iron: 2.43mg (13.48%), Vitamin B3: 2.45mg (12.27%), Fiber: 2.63g (10.52%), Copper: 0.18mg (9.14%), Vitamin A: 440.14IU (8.8%), Vitamin K: 8.69µg (8.28%), Phosphorus: 75.43mg (7.54%), Magnesium: 28.89mg (7.22%), Calcium: 62.87mg (6.29%), Potassium: 141.39mg (4.04%), Zinc: 0.58mg (3.87%), Vitamin B6: 0.07mg (3.74%), Vitamin B12: 0.2µg (3.28%), Vitamin B5: 0.29mg (2.92%), Vitamin D: 0.26µg

(1.74%), Vitamin C: 1.06mg (1.29%)