



Farmstand Vegan Fruit Muffins

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup apples chopped
- ☐ 2 teaspoons apple cider vinegar
- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup canola oil
- ☐ 1 Dash ground cinnamon
- ☐ 1 pinch ground cinnamon
- ☐ 1 cup soymilk [can sub your milk alternative]

- ☐ 0.5 cup natural sugar for a sweeter version
- ☐ 4 tablespoons old fashioned oatmeal
- ☐ 0.5 teaspoon sea salt
- ☐ 1 cup unbleached flour all-purpose
- ☐ 4 tablespoons walnuts chopped
- ☐ 1 cup flour whole wheat

Equipment

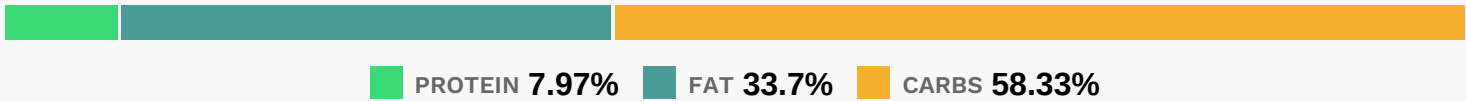
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Combine all the ingredients in a small bowl.
- ☐ Mix until moist and crumbly and set aside. Muffins: Preheat the oven to 450°F. Line a muffin tin with 12 paper cupcake liners. Set aside. In a small bowl, whisk together the soy milk and vinegar and set aside. It will curdle slightly, so whisk it a couple of times, including just before using. In a large bowl, whisk together both flours, sugar, baking powder, baking soda, salt, and optional ground spice. Make a well in the center of the dry ingredients and pour in the canola oil and the soymilk mixture. Using a fork, stir together the ingredients until combined. Gently fold in the fruit. Divide the batter evenly among the muffin cups. Divide streusel evenly among muffins, sprinkling it on top, and pressing gently.
- ☐ Bake the muffins for 20 minutes or until a wooden pick inserted into the center of one comes out clean.
- ☐ Remove the pan from the oven to a wire rack until the muffins are cool enough to handle. Carefully remove the muffins in their liners from the tin.

Serve slightly warm or at room temperature.Store any leftovers in an airtight container in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:7.1, Inflammation Score:-2, Nutrition Score:6.5073913206225%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg, Epicatechin: 0.78mg Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg, Epigallocatechin 3–gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 176.49kcal (8.82%), Fat: 7g (10.77%), Saturated Fat: 0.93g (5.84%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 25.31g (9.2%), Sugar: 10.57g (11.74%), Cholesterol: 2.44mg (0.81%), Sodium: 302.65mg (13.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.45%), Manganese: 0.64mg (32.21%), Selenium: 10.53µg (15.04%), Vitamin B1: 0.16mg (10.68%), Phosphorus: 105.95mg (10.6%), Calcium: 94.18mg (9.42%), Fiber: 1.96g (7.85%), Folate: 27.34µg (6.83%), Magnesium: 25.91mg (6.48%), Iron: 1.12mg (6.21%), Vitamin B2: 0.1mg (6.15%), Vitamin B3: 1.19mg (5.96%), Copper: 0.12mg (5.81%), Vitamin E: 0.79mg (5.26%), Vitamin B6: 0.08mg (4.01%), Zinc: 0.57mg (3.83%), Potassium: 111.21mg (3.18%), Vitamin K: 3.31µg (3.15%), Vitamin B5: 0.22mg (2.23%), Vitamin B12: 0.11µg (1.83%), Vitamin D: 0.22µg (1.49%)