



Feel-good muffins

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



548 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 175 g self raising flour
- ☐ 50 g oats
- ☐ 140 g g muscovado sugar light
- ☐ 2 tsp ground cinnamon
- ☐ 0.5 tsp baking soda
- ☐ 1 eggs beaten
- ☐ 150 ml buttermilk
- ☐ 1 tsp vanilla extract

- ☐ 6 tbsp unrefined sunflower oil
- ☐ 175 g prune- cut to pieces chopped
- ☐ 85 g pecans

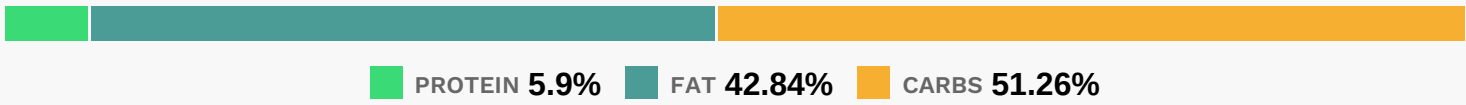
Equipment

- ☐ bowl
- ☐ oven
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 200C/gas 6/fan 180C. Butter 6–8 muffin tins or line them with muffin cases.
- ☐ Put the flour, oats, sugar, cinnamon and bicarbonate of soda in a large bowl, then rub everything through your fingers, as if making pastry, to ensure the ingredients are evenly blended.
- ☐ Beat the egg, then stir in the buttermilk, vanilla and oil. Lightly stir the egg mix into the flour.
- ☐ Fold the prunes and nuts into the mixture.
- ☐ Divide between the tins, filling the cases to the brim, then bake for 20–25 minutes until risen and golden.
- ☐ Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:20.89, Inflammation Score:-4, Nutrition Score:14.303043383619%

Flavonoids

Cyanidin: 1.73mg, Cyanidin: 1.73mg, Cyanidin: 1.73mg, Cyanidin: 1.73mg Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg, Delphinidin: 1.04mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.33mg,

Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg
Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 547.56kcal (27.38%), Fat: 26.89g (41.36%), Saturated Fat: 3.16g (19.75%), Carbohydrates: 72.37g (24.12%),
Net Carbohydrates: 66.94g (24.34%), Sugar: 35.85g (39.84%), Cholesterol: 30.07mg (10.02%), Sodium: 150.27mg
(6.53%), Alcohol: 0.24g (100%), Alcohol %: 0.2% (100%), Protein: 8.33g (16.66%), Manganese: 1.43mg (71.46%),
Vitamin E: 6.34mg (42.28%), Selenium: 18.11µg (25.87%), Fiber: 5.43g (21.73%), Vitamin K: 19.23µg (18.31%), Copper:
0.36mg (18.18%), Phosphorus: 159.43mg (15.94%), Magnesium: 54.01mg (13.5%), Vitamin B1: 0.19mg (12.34%),
Potassium: 411.08mg (11.75%), Vitamin B2: 0.18mg (10.66%), Zinc: 1.54mg (10.24%), Calcium: 92.57mg (9.26%), Iron:
1.62mg (9%), Vitamin B5: 0.71mg (7.09%), Vitamin B6: 0.14mg (7.07%), Vitamin A: 320.31IU (6.41%), Vitamin B3:
1.17mg (5.84%), Folate: 21.58µg (5.39%), Vitamin D: 0.48µg (3.18%), Vitamin B12: 0.18µg (3.03%)