



## Gluten-Free Blueberry Muffins



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



102 min.

SERVINGS



12

CALORIES



139 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.7 cup agave nectar
- 2 teaspoons double-acting baking powder
- 2 teaspoons baking soda
- 1 cup blueberries fresh
- 0.5 cup canola oil
- 2 cups baking flour gluten-free all-purpose
- 1 teaspoon ground cinnamon
- 1 teaspoon kosher salt

- 0.7 cup rice milk
- 1 tablespoon vanilla extract
- 1 teaspoon xanthan gum

## Equipment

- bowl
- frying pan
- oven
- whisk
- wire rack
- toothpicks
- spatula
- muffin tray

## Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F. Line a standard 12-cup muffin tin with paper liners.
- In a medium bowl, whisk together the flour, baking powder, baking soda, salt, xanthan gum, and cinnamon.
- Add the oil, agave nectar, rice milk, and vanilla to the dry ingredients and stir until the batter is smooth. Using a plastic spatula, gently fold in the blueberries just until they are evenly distributed throughout the batter.
- Pour 1/3 cup of the batter into each prepared cup, almost filling the cup.
- Bake the muffins on the center rack for 22 minutes, rotating the pan 180 degrees after 15 minutes. The muffin will bounce slightly when pressed and a toothpick inserted in the center will come out clean.
- Let the muffins stand for 15 minutes, then transfer to a wire rack and cool completely. Store the muffins in an airtight container at room temperature for up to 3 days.

## Nutrition Facts



■ PROTEIN 6.11% ■ FAT 17.19% ■ CARBS 76.7%

## Properties

Glycemic Index:19.25, Glycemic Load:3.26, Inflammation Score:-1, Nutrition Score:2.1086956327376%

## Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 139.44kcal (6.97%), Fat: 2.76g (4.24%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 27.67g (9.22%), Net Carbohydrates: 25.03g (9.1%), Sugar: 10.97g (12.19%), Cholesterol: 0mg (0%), Sodium: 459.87mg (19.99%), Alcohol: 0.37g (100%), Alcohol %: 0.65% (100%), Protein: 2.21g (4.41%), Fiber: 2.64g (10.57%), Vitamin K: 6.51µg (6.2%), Calcium: 56.61mg (5.66%), Iron: 0.86mg (4.78%), Vitamin C: 3.28mg (3.98%), Manganese: 0.07mg (3.71%), Vitamin E: 0.52mg (3.47%), Vitamin B6: 0.04mg (1.78%), Phosphorus: 17.05mg (1.7%), Vitamin B2: 0.03mg (1.55%), Vitamin B1: 0.02mg (1.31%), Folate: 4.42µg (1.1%)