



## Gluten-Free Vegan Banana Applesauce Muffins

 Dairy Free

READY IN



31 min.

SERVINGS



21

CALORIES



56 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon agave syrup
- 0.3 cup vanilla almond milk
- 1 teaspoon apple cider vinegar
- 3 tablespoons canola oil
- 0.5 tablespoon double-acting baking powder
- 0.5 teaspoon baking soda
- 0.3 cup coconut palm sugar

- 1 cup baking mix gluten-free all-purpose
- 2 tablespoons pumpkin seeds raw
- 0.3 teaspoon salt
- 0.5 cup apple sauce unsweetened
- 1 teaspoon vanilla extract

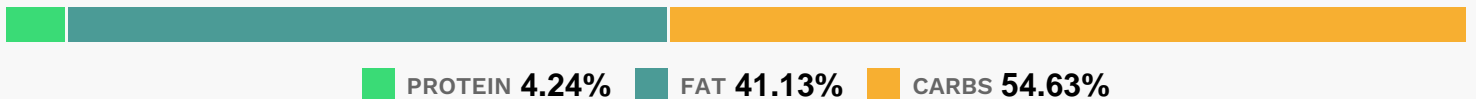
## Equipment

- bowl
- oven
- wire rack
- toothpicks
- muffin tray
- mini muffin tray

## Directions

- Preheat the oven at 400F/200C for 15 minutes. Line 24-cup mini muffin tin with paper liners or grease it lightly with non-stick cooking spray. In a large bowl stir together the Part 1 ingredients and set aside. In another medium size bowl combine together the Part 2 ingredients. Stir it into the flour mix until just combined. Grease a tablespoon with oil. Use it to scoop the batter and fill it in the prepared muffin tins. You can also choose to top the muffins with pumpkin seeds.
- Bake in the preheated oven for 10-12 minutes or until a toothpick inserted in the center of a muffin comes out clean. Mine was done in 11 minutes. Cool it completely on a wire rack before storing it.

## Nutrition Facts



## Properties

Glycemic Index:10.76, Glycemic Load:1.09, Inflammation Score:-1, Nutrition Score:0.62043479020181%

## Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## **Nutrients (% of daily need)**

Calories: 55.92kcal (2.8%), Fat: 2.58g (3.98%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 7.73g (2.58%), Net Carbohydrates: 7.49g (2.72%), Sugar: 2.94g (3.26%), Cholesterol: 0mg (0%), Sodium: 140.45mg (6.11%), Alcohol: 0.07g (100%), Alcohol %: 0.39% (100%), Protein: 0.6g (1.2%), Calcium: 26.81mg (2.68%), Manganese: 0.05mg (2.3%), Phosphorus: 18.33mg (1.83%), Magnesium: 5.93mg (1.48%)