



Granola Muffins

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



85 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 eggs
- ☐ 1 cup cereal
- ☐ 0.3 cup raisins
- ☐ 0.7 cup milk
- ☐ 2 tablespoons honey
- ☐ 1 serving honey
- ☐ 2 cups frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Grease bottoms only of 12 regular-size muffin cups, or place paper baking cup in each muffin cup.
- ☐ Beat egg slightly in medium bowl. Stir in Bisquick, granola, raisins, milk and 2 tablespoons honey just until moistened. Divide batter evenly among muffin cups.
- ☐ Bake about 15 minutes or until golden brown. Immediately remove from pan.
- ☐ Serve warm with additional honey.

Nutrition Facts



Properties

Glycemic Index:16.78, Glycemic Load:3.69, Inflammation Score:-1, Nutrition Score:2.8104347936485%

Nutrients (% of daily need)

Calories: 85.19kcal (4.26%), Fat: 2.64g (4.06%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 14.02g (4.67%), Net Carbohydrates: 13.21g (4.8%), Sugar: 6.09g (6.77%), Cholesterol: 15.27mg (5.09%), Sodium: 15mg (0.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.22g (4.43%), Manganese: 0.29mg (14.4%), Phosphorus: 54.03mg (5.4%), Selenium: 3.2µg (4.57%), Vitamin B2: 0.06mg (3.69%), Iron: 0.63mg (3.49%), Fiber: 0.81g (3.24%), Magnesium: 12.61mg (3.15%), Vitamin B1: 0.05mg (3.01%), Vitamin E: 0.44mg (2.91%), Calcium: 28.84mg (2.88%), Potassium: 100.19mg (2.86%), Copper: 0.05mg (2.29%), Zinc: 0.32mg (2.15%), Vitamin B12: 0.11µg (1.88%), Vitamin B6: 0.04mg (1.76%), Vitamin B5: 0.17mg (1.69%), Vitamin D: 0.22µg (1.48%), Folate: 5.38µg (1.35%)