



Granola Muffins

READY IN



35 min.

SERVINGS



12

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons flax seeds
- ☐ 1.5 cups cereal
- ☐ 0.3 cup brown sugar light (I used)
- ☐ 0.5 cup milk (any)
- ☐ 0.3 cup oats flour
- ☐ 2 tablespoons oil

- ☐ 0.3 cup semi chocolate chips sweet mini ()
- ☐ 1.5 cups apple sauce unsweetened (I used)
- ☐ 0.8 cup walnuts chopped
- ☐ 0.7 cup flour whole wheat
- ☐ 0.5 cup yogurt/buttermilk (instead of 2 eggs)

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin tray
- ☐ kitchen timer

Directions

- ☐ Preheat oven to 400F for 15 minutes. Grease the muffin tin or line it with paper liner. If using a paper liner, after lining grease the liner by spraying with a non stick spray so the muffins will come out of the paper easily.
- ☐ Combine the dry ingredients together in a big bowl. From granola to baking soda. In another medium size bowl, whisk together the applesauce, milk, brown sugar, oil and yogurt.
- ☐ Add the wet ingredients to the flour mixture and mix until just combined. Divide evenly into prepared muffin tin, approximately 3 tablespoons of batter per muffin or 3/4th of the tin.
- ☐ Sprinkle little granola/oats on top.
- ☐ Bake 18–20 minutes or until toothpick inserted in center comes out clean. I baked mine for about 26 minutes. Always set the timer for the minimum time mentioned in the recipe, test for doneness and if it's not done, increase the time for 2–3 minutes at a time. (Check My Notes, point
- ☐ Let cool slightly in the tin and then remove to a cooling rack.

Nutrition Facts



 **PROTEIN 8.7%**  **FAT 41.83%**  **CARBS 49.47%**

Properties

Glycemic Index:26.33, Glycemic Load:5.25, Inflammation Score:-4, Nutrition Score:9.9486958073533%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 270.69kcal (13.53%), Fat: 13.03g (20.05%), Saturated Fat: 2.31g (14.44%), Carbohydrates: 34.68g (11.56%), Net Carbohydrates: 31.21g (11.35%), Sugar: 13.05g (14.5%), Cholesterol: 2.77mg (0.92%), Sodium: 178.76mg (7.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.22mg (1.08%), Protein: 6.1g (12.19%), Manganese: 1.15mg (57.33%), Phosphorus: 166.03mg (16.6%), Selenium: 11.56µg (16.51%), Vitamin B1: 0.22mg (14.66%), Copper: 0.28mg (14.21%), Magnesium: 55.7mg (13.93%), Fiber: 3.47g (13.88%), Iron: 2.06mg (11.47%), Calcium: 100.23mg (10.02%), Folate: 33.25µg (8.31%), Vitamin E: 1.19mg (7.95%), Vitamin B2: 0.13mg (7.81%), Zinc: 1.1mg (7.36%), Potassium: 224.78mg (6.42%), Vitamin B6: 0.12mg (5.93%), Vitamin B3: 1.17mg (5.85%), Vitamin B5: 0.35mg (3.46%), Vitamin K: 3.26µg (3.11%), Vitamin B12: 0.11µg (1.83%)