



Green Goddess Muffins

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



100 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tsp double-acting baking powder
- 0.3 tsp cinnamon
- 1 lemon zest
- 1 cup plant-based milk
- 0.5 cup sugar raw
- 1 a dash of salt
- 2 cup pkt spinach fresh
- 0.3 cup apple sauce unsweetened

- 1 tsp vanilla extract
- 1.5 cup flour whole wheat white

Equipment

- food processor
- bowl
- oven
- whisk
- blender
- measuring cup
- muffin tray

Directions

- Preheat oven to 350F. Grease muffin tin if necessary, and set aside (I use non-stick). Chop spinach (or put in a food processor or blender) until it's chopped finely -- and pack it tightly into a 1 cup measuring cup (you may have a little overflow), set aside. In a medium bowl, whisk flour, sugar, baking powder, cinnamon and salt together. In a small bowl, mix nondairy milk with applesauce and vanilla.
- Pour into flour (dry) mixture and stroke a few times. Then add spinach, and lemon zest, stirring until just combined -- careful not to over stir, but make sure there are no pockets of flour. Fill cups 3/4 full and bake 15-25 minutes (mine were perfect at 17).
Nutritional Information

- Amount Per Serving
- Calories
- Fat
- 50g
- Carbohydrate
- 10gDietary Fiber1.80gSugars9.40gProtein2.20g

Nutrition Facts



■ PROTEIN 11% ■ FAT 8.12% ■ CARBS 80.88%

Properties

Glycemic Index:13.92, Glycemic Load:0.48, Inflammation Score:-4, Nutrition Score:3.3543478030226%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg, Epicatechin: 0.28mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 100.26kcal (5.01%), Fat: 0.93g (1.43%), Saturated Fat: 0.38g (2.39%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 19.05g (6.93%), Sugar: 9.81g (10.9%), Cholesterol: 2.44mg (0.81%), Sodium: 52.73mg (2.29%), Alcohol: 0.12g (100%), Alcohol %: 0.28% (100%), Protein: 2.83g (5.66%), Vitamin K: 24.25µg (23.1%), Vitamin A: 503.67IU (10.07%), Fiber: 1.75g (6.99%), Calcium: 64.94mg (6.49%), Iron: 0.58mg (3.22%), Phosphorus: 31.84mg (3.18%), Manganese: 0.06mg (3.05%), Vitamin C: 2.1mg (2.55%), Folate: 9.92µg (2.48%), Potassium: 82.71mg (2.36%), Vitamin B2: 0.04mg (2.34%), Vitamin B12: 0.11µg (1.83%), Magnesium: 6.96mg (1.74%), Vitamin D: 0.22µg (1.49%), Vitamin B6: 0.02mg (1.23%), Vitamin B1: 0.02mg (1.13%)