



Hemp & Apple Muffins

 Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



147 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup apple juice concentrate frozen thawed
- ☐ 1 teaspoon baking soda
- ☐ 0.7 cup buttermilk alternative
- ☐ 2 large eggs
- ☐ 2 small granny smith apples cored peeled chopped
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger

- ☐ 0.3 teaspoon ground nutmeg
- ☐ 0.3 cup hemp seeds shelled (Hemp Hearts)
- ☐ 2 Tbsp oat bran
- ☐ 0.3 teaspoon salt
- ☐ 2 cups flour whole wheat

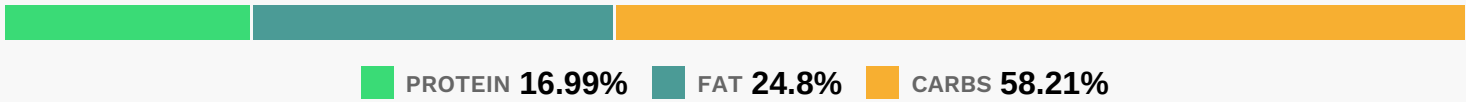
Equipment

- ☐ frying pan
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 350°F and grease 12 standard size muffin-pan cups.
- ☐ Mix together flour, baking soda, cinnamon, ginger, allspice, nutmeg and salt.
- ☐ Mix together eggs, apple juice and milk.Stir flour mixture and oat bran into egg mixture until dry ingredients are just moistened. Do not overmix.Gently stir in chopped apples and Hemp Hearts.Spoon batter into prepared pan, filling cups 2/3 full.
- ☐ Garnish each muffin with an apple slice,sprinkle with Shelled Hemp Seed.
- ☐ Bake muffins until lightly golden and tops spring back when pressed, 25 minutes.
- ☐ Transfer pan to a wire rack to cool slightly.Turn muffins out onto rack to cool completely.

Nutrition Facts



Properties

Glycemic Index:20.89, Glycemic Load:2.67, Inflammation Score:-3, Nutrition Score:8.8230435018954%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg, Catechin: 0.58mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin:

2.84mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 147.09kcal (7.35%), Fat: 4.32g (6.64%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 22.8g (7.6%), Net Carbohydrates: 19.38g (7.05%), Sugar: 5.07g (5.63%), Cholesterol: 31mg (10.33%), Sodium: 159.66mg (6.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.31%), Manganese: 1mg (50.11%), Selenium: 16.38µg (23.4%), Phosphorus: 172.78mg (17.28%), Fiber: 3.42g (13.69%), Vitamin B1: 0.17mg (11.33%), Iron: 1.91mg (10.59%), Magnesium: 36.71mg (9.18%), Vitamin B3: 1.63mg (8.16%), Vitamin B2: 0.12mg (7.28%), Vitamin B6: 0.14mg (7.23%), Copper: 0.12mg (6.21%), Zinc: 0.75mg (5.02%), Folate: 18.99µg (4.75%), Potassium: 165.29mg (4.72%), Calcium: 42.96mg (4.3%), Vitamin E: 0.63mg (4.22%), Vitamin B12: 0.22µg (3.6%), Vitamin B5: 0.31mg (3.11%), Vitamin A: 141.12IU (2.82%), Vitamin C: 2.29mg (2.78%), Vitamin D: 0.32µg (2.16%)