



Hemp 'N Honey Bran Muffins



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



205 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup agave nectar
- ☐ 1.5 teaspoons baking soda
- ☐ 2 eggs
- ☐ 1.8 cups flour all-purpose (or wheat)
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 cup hemp milk beverage unsweetened
- ☐ 2 Tablespoons certified vanilla hemp protein powder organic
- ☐ 1.5 cups raisins

- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons vanilla
- ☐ 1.5 cups wheat bran

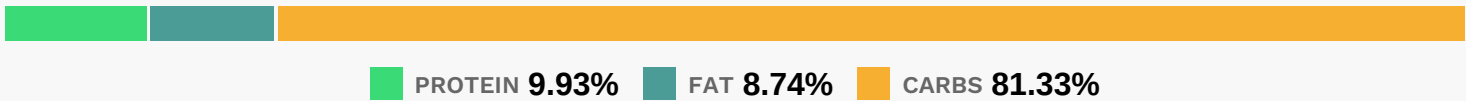
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Preheat your oven to 350°F and grease or line 12 muffin cups.
- ☐ Combine the eggs, hemp milk, honey and vanilla in a medium sized bowl.In a separate bowl combine the remaining ingredients.
- ☐ Add the wet ingredients to the dry and gently combine, mixing just until incorporated. A few remaining lumps are okay, just don't overmix!Scoop the muffin batter into greased or lined muffin pans.
- ☐ Bake for 20 to 30 minutes, or until a toothpick inserted into the center of a muffin comes out clean.Pop the muffins out and allow them to cool.

Nutrition Facts



Properties

Glycemic Index:16.32, Glycemic Load:19.94, Inflammation Score:-5, Nutrition Score:15.266521609348%

Nutrients (% of daily need)

Calories: 204.72kcal (10.24%), Fat: 2.1g (3.23%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 43.95g (14.65%), Net Carbohydrates: 38.68g (14.06%), Sugar: 9.6g (10.67%), Cholesterol: 27.28mg (9.09%), Sodium: 267.52mg (11.63%), Alcohol: 0.23g (100%), Alcohol %: 0.3% (100%), Protein: 5.36g (10.73%), Vitamin D: 14.9µg (99.31%), Manganese: 1.03mg (51.28%), Fiber: 5.39g (21.56%), Selenium: 14.4µg (20.58%), Vitamin B2: 0.28mg (16.69%), Phosphorus: 164.28mg (16.43%), Vitamin B1: 0.24mg (15.72%), Magnesium: 62.27mg (15.57%), Iron: 2.56mg (14.22%), Vitamin B3:

2.37mg (11.84%), Folate: 47.21µg (11.8%), Vitamin B6: 0.18mg (9.06%), Copper: 0.16mg (8.03%), Potassium: 280.14mg (8%), Calcium: 56.13mg (5.61%), Zinc: 0.79mg (5.24%), Vitamin B12: 0.25µg (4.16%), Vitamin C: 3.32mg (4.02%), Vitamin B5: 0.36mg (3.59%), Vitamin E: 0.48mg (3.2%), Vitamin K: 3.33µg (3.18%), Vitamin A: 101.96IU (2.04%)