



High Fiber, Lower Carb Maple Morning Muffins



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



122 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 cups apple sauce
- ☐ 1 tbsp double-acting baking powder
- ☐ 1 tsp baking soda
- ☐ 2 tsp cinnamon
- ☐ 0.5 cup raisins and/or walnuts and/or other fruit dried
- ☐ 0.3 cup ground flax seed
- ☐ 0.3 cup maple syrup dry (or an equivalent amount of your preferred sweetener plus)
- ☐ 0.5 cup oat bran

- ☐ 0.3 cup oatmeal (rolled oats)
- ☐ 0.3 tsp salt
- ☐ 0.3 cup soy flour whole
- ☐ 1 tsp vital wheat gluten (cornstarch, tapioca starch, arrowroot)
- ☐ 0.3 cup wheat bran
- ☐ 0.5 cup pastry flour whole wheat

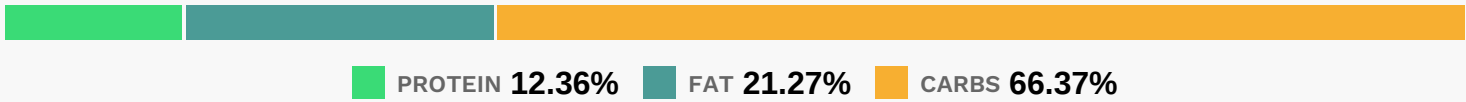
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ muffin tray

Directions

- ☐ Combine all of the dry ingredients in a large bowl, and stir with a whisk or spoon to combine thoroughly.
- ☐ Pour in the applesauce, maple syrup (or other sweetener and water), and optional oil.
- ☐ Mix gently, just enough to combine. Do not over-mix. It's OK to leave a few dry lumps.Spoon batter into a lined muffin tin, and bake at 350 degrees for about 18 minutes, or until the tops turn golden.

Nutrition Facts



Properties

Glycemic Index:25.17, Glycemic Load:4.53, Inflammation Score:-4, Nutrition Score:9.3139131431994%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg, Epicatechin: 1.38mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 121.59kcal (6.08%), Fat: 3.26g (5.01%), Saturated Fat: 0.38g (2.4%), Carbohydrates: 22.86g (7.62%), Net Carbohydrates: 18.45g (6.71%), Sugar: 9.29g (10.32%), Cholesterol: 0mg (0%), Sodium: 263.46mg (11.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.51%), Manganese: 1.22mg (61.18%), Fiber: 4.41g (17.62%), Magnesium: 66.05mg (16.51%), Phosphorus: 149.25mg (14.93%), Vitamin B1: 0.21mg (13.81%), Selenium: 8.81µg (12.58%), Vitamin B2: 0.2mg (11.71%), Copper: 0.23mg (11.35%), Calcium: 99.44mg (9.94%), Iron: 1.43mg (7.94%), Potassium: 238.04mg (6.8%), Zinc: 0.89mg (5.93%), Folate: 22.38µg (5.59%), Vitamin B6: 0.1mg (4.81%), Vitamin B3: 0.88mg (4.42%), Vitamin K: 3.42µg (3.25%), Vitamin B5: 0.27mg (2.74%), Vitamin E: 0.24mg (1.63%)