



Magic Fruit-and-Veggie Cupcakes

 Vegetarian

READY IN



44 min.

SERVINGS



24

CALORIES



70 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 cup fruit fresh grated finely chopped apples, pears, pineapple and/or raisins
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 cup ground flax seeds
- ☐ 0.3 cup brown sugar light packed plus more for topping

- ☐ 0.5 cup old-fashioned oats or a combination
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.8 cup vegetables grated finely chopped carrots, zucchini and/or spinach
- ☐ 1 pinch salt
- ☐ 1 tablespoon soy flour
- ☐ 1 teaspoon vanilla extract
- ☐ 2 tablespoons wheat germ
- ☐ 0.7 cup milk whole
- ☐ 0.5 cup flour whole-wheat

Equipment

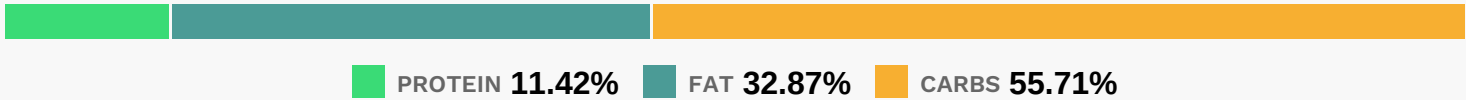
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wooden spoon
- ☐ mini muffin tray

Directions

- ☐ Preheat the oven to 350 degrees. Line a 24-cup mini muffin pan with paper liners or mist with cooking spray.
- ☐ Whisk the flours, wheat germ, bran flakes, flax seeds, baking soda, baking powder, cinnamon and salt in a large bowl; set aside. Beat the egg and brown sugar in a medium bowl with a wooden spoon until smooth.
- ☐ Add the olive oil, vanilla, milk, vegetables and fruit and mix well.
- ☐ Pour the wet ingredients into the dry mixture and stir just until blended.
- ☐ Spoon the batter into the prepared pan, filling each cup about three-quarters of the way.
- ☐ Sprinkle the tops with brown sugar, if desired.
- ☐ Bake for 20 to 24 minutes.

- ☐ Remove from the pan and cool on a rack.
- ☐ Photograph by Ngoc Minh Ngo

Nutrition Facts



Properties

Glycemic Index:14.92, Glycemic Load:2.45, Inflammation Score:-3, Nutrition Score:3.6243478552155%

Nutrients (% of daily need)

Calories: 69.8kcal (3.49%), Fat: 2.63g (4.05%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 8.58g (3.12%), Sugar: 3.26g (3.62%), Cholesterol: 8.56mg (2.85%), Sodium: 74.7mg (3.25%), Alcohol: 0.06g (100%), Alcohol %: 0.25% (100%), Protein: 2.06g (4.11%), Manganese: 0.33mg (16.36%), Selenium: 4.55µg (6.51%), Vitamin A: 311.99IU (6.24%), Vitamin B1: 0.09mg (6.07%), Fiber: 1.45g (5.79%), Phosphorus: 53.63mg (5.36%), Magnesium: 18.81mg (4.7%), Iron: 0.59mg (3.28%), Calcium: 32.66mg (3.27%), Copper: 0.06mg (3.25%), Folate: 12.92µg (3.23%), Vitamin B2: 0.05mg (3.11%), Zinc: 0.38mg (2.5%), Vitamin B3: 0.48mg (2.42%), Potassium: 80.25mg (2.29%), Vitamin B6: 0.04mg (2.19%), Vitamin E: 0.24mg (1.58%), Vitamin B5: 0.15mg (1.52%), Vitamin K: 1.31µg (1.25%)