



## Moist Vegan Spelt Bran Muffins

READY IN



45 min.

SERVINGS



15

CALORIES



242 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup ground flaxseed
- 0.5 cup water hot
- 1 cup wheat bran
- 1 cup bran
- 0.5 cup farro
- 1 cup rice flour whole
- 0.5 cup psyllium fibre husks
- 0.5 teaspoon stevia powder
- 0.3 cup flaxseeds whole

- 2 tablespoons chia seeds
- 2 teaspoons baking soda
- 0.5 teaspoon sea salt
- 0.5 teaspoon nutmeg
- 1 teaspoon cinnamon
- 0.3 cup little demerara sugar
- 3 tablespoons agave nectar
- 0.3 cup apple sauce
- 2 ener-g egg replacer prepared
- 1 cup milk
- 0.3 cup canola oil
- 0.5 cup raisins hot drained (reserve 3 tbsp soaking liquid)
- 0.3 cup prune- cut to pieces chopped

## Equipment

- bowl
- oven
- whisk
- muffin liners

## Directions

- Preheat oven to 400F, line 24 muffin cups or grease well.
- In a small bowl, whisk together flaxseed and hot water.
- Let stand 10 minutes.
- In a medium bowl whisk together brans, spelt flakes, flour, psyllium, stevia, flaxseeds, chia seeds, baking soda, salt, nutmeg and cinnamon.
- In a large bowl beat together sugar, agave, applesauce, egg replacer, flax mixture, "milk" and oil until smooth.

Add dry ingredients and stir in just to combine, then fold in the raisins (with their reserved liquid) and prunes.

Bake for 15–17 minutes.

## Nutrition Facts

**PROTEIN 7.97%** **FAT 31.81%** **CARBS 60.22%**

### Properties

Glycemic Index:28.59, Glycemic Load:6.43, Inflammation Score:-5, Nutrition Score:12.344782608696%

### Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

### Nutrients (% of daily need)

Calories: 242.37kcal (12.12%), Fat: 9.12g (14.04%), Saturated Fat: 1.02g (6.4%), Carbohydrates: 38.86g (12.95%), Net Carbohydrates: 25.22g (9.17%), Sugar: 9.46g (10.51%), Cholesterol: 1.95mg (0.65%), Sodium: 234.79mg (10.21%), Protein: 5.14g (10.29%), Manganese: 1.3mg (64.76%), Fiber: 13.63g (54.53%), Magnesium: 87.47mg (21.87%), Phosphorus: 173.52mg (17.35%), Selenium: 9.4µg (13.42%), Iron: 2.24mg (12.46%), Vitamin B1: 0.18mg (12.29%), Copper: 0.22mg (10.93%), Vitamin B3: 1.94mg (9.69%), Vitamin B6: 0.18mg (8.91%), Calcium: 83.67mg (8.37%), Zinc: 1.16mg (7.76%), Vitamin E: 1.13mg (7.57%), Potassium: 263.26mg (7.52%), Vitamin K: 7.5µg (7.15%), Vitamin B2: 0.11mg (6.46%), Folate: 16.04µg (4.01%), Vitamin B5: 0.37mg (3.66%), Vitamin B12: 0.09µg (1.46%), Vitamin C: 1.12mg (1.36%), Vitamin A: 60.72IU (1.21%), Vitamin D: 0.18µg (1.19%)