



Strawberry Mini Muffins

 Dairy Free

READY IN



25 min.

SERVINGS



20

CALORIES



35 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 1 tablespoon juice of lemon
- 0.3 cup maple syrup
- 0.3 cup non-dairy milk as needed ()
- 0.3 teaspoon salt
- 1 cup strawberries whole
- 0.5 teaspoon vanilla extract

1 cup flour whole wheat white

Equipment

food processor

bowl

oven

blender

toothpicks

muffin liners

muffin tray

Directions

Prepare a mini-muffin pan by oiling it lightly or filling with paper liners.

Place the strawberries in a food processor or blender and process until they are pureed. Measure out 1/3 cup plus 2 tablespoons of the puree into a small bowl and set aside any remaining puree for another use.

Add the maple syrup, non-dairy milk, lemon juice, and vanilla. In a medium bowl, mix together flour, baking soda, baking powder, and salt.

Add the strawberry mixture.

Mix until just blended—do not overmix. Fill mini-muffin cups with about 1 tablespoon of batter each.

Bake at 350 F, checking after 10 minutes. When a toothpick comes out clean, remove and allow to cool completely. Frost if desired (see Notes below).

Nutrition Facts



PROTEIN 10.41% **FAT 4.56%** **CARBS 85.03%**

Properties

Glycemic Index:10.1, Glycemic Load:1.21, Inflammation Score:-1, Nutrition Score:1.2252173789817%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 34.99kcal (1.75%), Fat: 0.18g (0.28%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 7.66g (2.55%), Net Carbohydrates: 6.9g (2.51%), Sugar: 2.87g (3.19%), Cholesterol: 0mg (0%), Sodium: 68.95mg (3%), Alcohol: 0.03g (100%), Alcohol %: 0.2% (100%), Protein: 0.94g (1.87%), Manganese: 0.12mg (6.04%), Vitamin C: 4.74mg (5.74%), Vitamin B2: 0.06mg (3.46%), Fiber: 0.76g (3.03%), Calcium: 19.62mg (1.96%), Iron: 0.2mg (1.12%)