



Sugar-Free (or Not) Peach and Vanilla Muffins

 Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



101 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon agave nectar (or sugar, optional)
- 2 tablespoons almonds chopped
- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 1.5 teaspoon ground flaxseed
- 2 teaspoons juice of lemon
- 2 large peaches chopped (2 cups,)
- 0.3 teaspoon salt

- 0.5 cup sugar substitute
- 1.3 cups soy milk unsweetened
- 1 vanilla pod split
- 2 teaspoons vanilla extract
- 2 tablespoons water
- 2 cups flour gluten-free whole wheat white (or baking mix)

Equipment

- bowl
- oven
- knife
- whisk
- mixing bowl
- toothpicks

Directions

- Mix with agave nectar (optional) and set aside. In a medium mixing bowl, mix the ground flax seed with the warm water. Slit the vanilla bean open and scrape the seeds from the middle with the back of a knife.
- Whisk the seeds into the flax mixture and save the vanilla bean for another use. (Try storing it in sugar to make vanilla sugar.)
- Add the vanilla extract, lemon juice, and soymilk to the flax mixture and whisk well to combine. In a large bowl, combine the flour, baking powder, baking soda, salt, and sugar or substitute.
- Mix well.
- Add the liquid ingredients and stir just until combined; batter will be thick. Fold in the peaches, making sure they are distributed throughout the batter. Fill each muffin cup to within 1/2-inch of the top. Smooth the top of each muffin and, if desired, sprinkle with chopped almonds.
- Bake until a toothpick comes out clean, about 15–20 minutes. Allow to cool before serving.

Nutrition Facts



■ PROTEIN 11.48% ■ FAT 11.64% ■ CARBS 76.88%

Properties

Glycemic Index:14.95, Glycemic Load:3.9, Inflammation Score:-1, Nutrition Score:2.4269565343857%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg, Catechin: 1.09mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg, Epicatechin: 0.52mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 101.29kcal (5.06%), Fat: 1.37g (2.11%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 20.39g (6.8%), Net Carbohydrates: 18.25g (6.64%), Sugar: 7.96g (8.85%), Cholesterol: 0mg (0%), Sodium: 167.87mg (7.3%), Alcohol: 0.17g (100%), Alcohol %: 0.32% (100%), Protein: 3.04g (6.09%), Fiber: 2.14g (8.54%), Calcium: 67.82mg (6.78%), Vitamin B2: 0.06mg (3.73%), Vitamin B12: 0.21µg (3.51%), Iron: 0.63mg (3.49%), Vitamin E: 0.49mg (3.29%), Phosphorus: 29.15mg (2.92%), Vitamin B1: 0.04mg (2.8%), Copper: 0.05mg (2.44%), Manganese: 0.05mg (2.4%), Magnesium: 9.16mg (2.29%), Potassium: 78.45mg (2.24%), Vitamin A: 110.66IU (2.21%), Vitamin C: 1.36mg (1.65%), Vitamin D: 0.23µg (1.52%), Vitamin B3: 0.27mg (1.35%), Vitamin B6: 0.02mg (1.04%)