



Sunny Morning Muffins



Vegetarian



Dairy Free

READY IN



110 min.

SERVINGS



12

CALORIES



262 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 banana ripe mashed
- ☐ 0.5 pint blueberries
- ☐ 0.3 cup canola oil
- ☐ 2 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 pinch ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 1 lemon zest
- ☐ 1 teaspoon salt
- ☐ 1 cup strawberries chopped
- ☐ 1 cup sugar
- ☐ 1 cup walnuts chopped

Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: Muffin tin and muffin liners
- ☐ Preheat oven to 350 degrees F.
- ☐ In a small bowl, mix together strawberries and 2 tablespoons sugar.
- ☐ Let sit 15 minutes until strawberries give off juices.
- ☐ In a small bowl, mix together flour, cinnamon, baking soda, nutmeg and salt.
- ☐ In a large bowl, whisk together the mashed banana, eggs, oil, 1 cup sugar, strawberries, and lemon zest.
- ☐ Mix the dry ingredients into the wet ingredients until combined. Do not over mix. Fold in blueberries and walnuts.
- ☐ Scoop batter evenly into muffin cups.
- ☐ Bake until a toothpick inserted in center of muffin comes out with a few crumbs but not wet, about 30 minutes. Cool on a rack to room temperature.

Nutrition Facts



Properties

Glycemic Index:31.24, Glycemic Load:22.72, Inflammation Score:-3, Nutrition Score:7.4560869621194%

Flavonoids

Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg, Cyanidin: 2.13mg Petunidin: 6.23mg, Petunidin: 6.23mg, Petunidin: 6.23mg, Petunidin: 6.23mg Delphinidin: 7.02mg, Delphinidin: 7.02mg, Delphinidin: 7.02mg, Delphinidin: 7.02mg Malvidin: 13.33mg, Malvidin: 13.33mg, Malvidin: 13.33mg, Malvidin: 13.33mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 4.01mg, Peonidin: 4.01mg, Peonidin: 4.01mg, Peonidin: 4.01mg Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg, Catechin: 2.02mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 262.3kcal (13.12%), Fat: 12.17g (18.73%), Saturated Fat: 1.26g (7.85%), Carbohydrates: 36.06g (12.02%), Net Carbohydrates: 33.94g (12.34%), Sugar: 20.74g (23.05%), Cholesterol: 31mg (10.33%), Sodium: 252.35mg (10.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Manganese: 0.59mg (29.31%), Vitamin C: 10.6mg (12.85%), Selenium: 8.6µg (12.29%), Folate: 48.19µg (12.05%), Vitamin B1: 0.17mg (11.53%), Copper: 0.21mg (10.52%), Vitamin B2: 0.15mg (8.91%), Fiber: 2.11g (8.46%), Vitamin E: 1.14mg (7.6%), Phosphorus: 74.68mg (7.47%), Vitamin K: 7.79µg (7.42%), Iron: 1.3mg (7.23%), Magnesium: 25.41mg (6.35%), Vitamin B6: 0.13mg (6.32%), Vitamin B3: 1.23mg (6.17%), Potassium: 141.35mg (4.04%), Zinc: 0.59mg (3.91%), Vitamin B5: 0.33mg (3.26%), Calcium: 21.36mg (2.14%), Vitamin A: 65.67IU (1.31%), Vitamin B12: 0.07µg (1.24%), Vitamin D: 0.17µg (1.11%)