



Super-Easy Cinnamon Maple Mini Muffins

 Dairy Free

READY IN



35 min.

SERVINGS



12

CALORIES



90 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 cup dairy-free milk alternative
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup maple syrup
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 cup raisins
- ☐ 0.1 teaspoon sea salt
- ☐ 1 cup flour whole-wheat

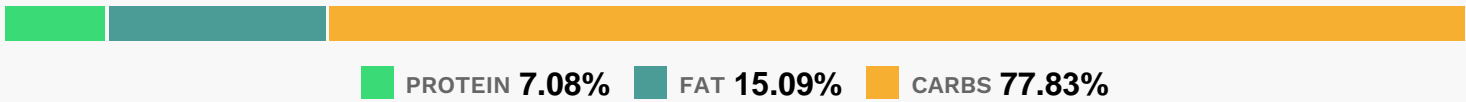
Equipment

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

Directions

- ☐ Preheat your oven to 375°F and grease a twelve cup mini-muffin tin.
- ☐ Put the flour, baking powder, cinnamon, and salt in a large bowl, and stir with a dry whisk to combine.Stir in the raisins, followed by the dairy-free milk alternative, maple syrup, and olive oil, and mix just until incorporated. The batter will be quite thick. Don't overmix or the muffins will be tough.Divide the mixture among the prepared muffin cups.
- ☐ Bake for 25 to 35 minutes, or until golden and a toothpick inserted in the center of a muffin comes out clean.
- ☐ Put the muffin tin on a wire rack.
- ☐ Let cool for about 15 minutes before carefully remove the muffins to serve or cool completely.

Nutrition Facts



Properties

Glycemic Index:18.81, Glycemic Load:4.9, Inflammation Score:-1, Nutrition Score:4.495652180651%

Nutrients (% of daily need)

Calories: 89.68kcal (4.48%), Fat: 1.58g (2.43%), Saturated Fat: 0.23g (1.43%), Carbohydrates: 18.35g (6.12%), Net Carbohydrates: 16.8g (6.11%), Sugar: 5.57g (6.19%), Cholesterol: 0mg (0%), Sodium: 65.56mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Manganese: 0.64mg (32.16%), Selenium: 6.37µg (9.1%), Vitamin B2: 0.15mg (9.07%), Fiber: 1.55g (6.21%), Phosphorus: 47.59mg (4.76%), Vitamin B1: 0.07mg (4.46%),

Calcium: 44.47mg (4.45%), Magnesium: 17.53mg (4.38%), Vitamin B3: 0.79mg (3.94%), Iron: 0.61mg (3.38%),
Copper: 0.07mg (3.38%), Vitamin B6: 0.07mg (3.37%), Potassium: 115.95mg (3.31%), Vitamin E: 0.41mg (2.71%),
Zinc: 0.35mg (2.34%), Folate: 6.68µg (1.67%), Vitamin B12: 0.07µg (1.18%)