



The ultimate makeover: Blueberry muffins



Dairy Free



Popular

READY IN



50 min.

SERVINGS



12

CALORIES



251 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 5 tbsp canola oil
- ☐ 225 g self raising flour
- ☐ 115 g flour
- ☐ 2 tsp double-acting baking powder
- ☐ 0.5 lemon zest
- ☐ 85 g brown sugar
- ☐ 50 g g muscovado sugar light
- ☐ 1 small banana with black skin (85g peeled weight) very ripe

- ☐ 1 eggs
- ☐ 284 ml pot roast cut
- ☐ 225 g blueberries fresh

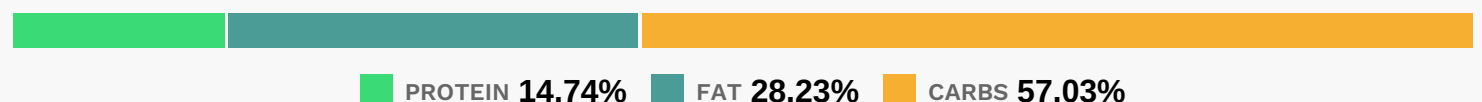
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ muffin tray

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Use 1 tsp oil to lightly oil a 12-hole muffin tin (or use paper cases).
- ☐ Mix both flours with the baking powder and lemon zest. Reserve 1 tbsp caster sugar, then stir the rest into the flour with the muscovado.
- ☐ Mash the banana well. In another bowl beat the egg, then stir in the banana, buttermilk and oil. Using a large metal spoon, very lightly stir into the flour mix, just to combine. Over-mixing will make the muffins tough. Toss in the blueberries and give just a few turns of the spoon to carefully stir them in without crushing.
- ☐ Spoon the mixture into the tin each hole should be very full.
- ☐ Bake for 20-25 mins until risen and golden.
- ☐ Mix the reserved caster sugar with the lemon juice. When the muffins are done, remove from the oven, then brush with the sugar and lemon mixture while they are still hot. Gently loosen the edges of each muffin with a knife, then leave in the tin for 15 mins to cool a little as theyre very delicate while hot.
- ☐ Remove to a wire rack. Best eaten the day of making, but will keep for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:21.15, Glycemic Load:10.84, Inflammation Score:-2, Nutrition Score:8.6913043260574%

Flavonoids

Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg, Cyanidin: 1.59mg Petunidin: 5.91mg, Petunidin: 5.91mg, Petunidin: 5.91mg, Petunidin: 5.91mg Delphinidin: 6.64mg, Delphinidin: 6.64mg, Delphinidin: 6.64mg, Delphinidin: 6.64mg Malvidin: 12.67mg, Malvidin: 12.67mg, Malvidin: 12.67mg, Malvidin: 12.67mg Peonidin: 3.8mg, Peonidin: 3.8mg, Peonidin: 3.8mg, Peonidin: 3.8mg Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 251.43kcal (12.57%), Fat: 8.02g (12.34%), Saturated Fat: 1.09g (6.81%), Carbohydrates: 36.45g (12.15%), Net Carbohydrates: 34.28g (12.46%), Sugar: 13.93g (15.48%), Cholesterol: 29.02mg (9.67%), Sodium: 107.99mg (4.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.84%), Manganese: 0.64mg (31.79%), Selenium: 20.53µg (29.33%), Phosphorus: 128.61mg (12.86%), Zinc: 1.8mg (12%), Vitamin B6: 0.21mg (10.68%), Vitamin B3: 2.05mg (10.24%), Vitamin E: 1.39mg (9.25%), Vitamin B12: 0.53µg (8.87%), Fiber: 2.17g (8.69%), Vitamin K: 8.35µg (7.96%), Iron: 1.3mg (7.2%), Magnesium: 28.35mg (7.09%), Calcium: 67.94mg (6.79%), Vitamin B1: 0.09mg (6.17%), Copper: 0.12mg (6.02%), Vitamin B2: 0.1mg (5.74%), Potassium: 197.26mg (5.64%), Folate: 18.16µg (4.54%), Vitamin B5: 0.42mg (4.18%), Vitamin C: 2.87mg (3.48%)