



Thousand-Seed Banana Date Muffins

 Vegetarian  Very Healthy

READY IN



65 min.

SERVINGS



1

CALORIES



3055 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup bananas ripe mashed
- ☐ 0.1 teaspoon cream of tartar
- ☐ 3 oz dates packed pitted
- ☐ 1 large eggs separated
- ☐ 0.3 cup flaxseed meal
- ☐ 0.8 cup flour all-purpose

- ☐ 0.3 cup yogurt plain low-fat
- ☐ 0.3 cup poppy seeds
- ☐ 0.3 cup pumpkin seeds
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sesame seed
- ☐ 1 cup sugar divided
- ☐ 0.3 cup sunflower seeds
- ☐ 1.5 teaspoons vanilla extract
- ☐ 2 tablespoons vegetable oil
- ☐ 1 cup pastry flour whole-wheat

Equipment

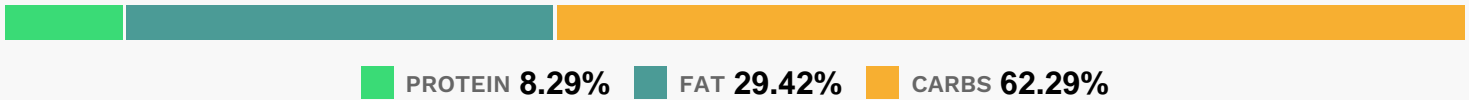
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ spatula
- ☐ muffin liners
- ☐ pie form

Directions

- ☐ Preheat oven to 35
- ☐ Butter 12 muffin cups (1/3-cup size) and set aside. Put sesame and poppy seeds in a pie pan and sunflower and pumpkin seeds in another.
- ☐ Bake seeds, stirring once, until golden, 6 to 8 minutes.
- ☐ Combine seeds in 1 pan and set aside.
- ☐ Whirl dates with 1/2 cup water in a blender or food processor until very smooth.

- ☐ Scrape into a medium bowl and add bananas, yogurt, oil, vanilla, egg yolk, and 3/4 cup sugar.
- ☐ Whisk to blend, then set aside.
- ☐ Stir flours in a large bowl with flaxseed meal, baking powder and soda, salt, and all but 2 tbsp. of the seeds.
- ☐ Beat egg whites with cream of tartar in a bowl with a mixer on high speed until foamy. Gradually add remaining 1/4 cup sugar, beating until soft peaks form. Fold whites into banana mixture. Fold into flour mixture just until blended. Spoon batter into prepared muffin cups (they'll be very full).
- ☐ Sprinkle with remaining 2 tbsp. seeds.
- ☐ Bake muffins until just firm to touch and edges are golden, 22 to 25 minutes. Loosen from pans with a small metal spatula.
- ☐ Serve warm or cool.
- ☐ *Find with baking ingredients.

Nutrition Facts



Properties

Glycemic Index:445.87, Glycemic Load:241.81, Inflammation Score:-10, Nutrition Score:73.282173820164%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Catechin: 9.15mg, Catechin: 9.15mg, Catechin: 9.15mg, Catechin: 9.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 3055.01kcal (152.75%), Fat: 104.58g (160.89%), Saturated Fat: 13.7g (85.61%), Carbohydrates: 498.1g (166.03%), Net Carbohydrates: 447.95g (162.89%), Sugar: 280.45g (311.61%), Cholesterol: 3.67mg (1.23%), Sodium: 3027.77mg (131.64%), Alcohol: 2.06g (100%), Alcohol %: 0.28% (100%), Protein: 66.34g (132.67%), Manganese: 11.15mg (557.6%), Selenium: 165.53µg (236.47%), Magnesium: 857.29mg (214.32%), Vitamin B1: 3.16mg (210.91%), Copper: 4.2mg (209.93%), Fiber: 50.15g (200.6%), Phosphorus: 1968.92mg (196.89%), Calcium: 1426.51mg (142.65%), Iron: 24.16mg (134.22%), Folate: 455.58µg (113.89%), Vitamin B6: 2.27mg (113.72%), Vitamin E: 16.14mg (107.57%), Vitamin B3: 20.43mg (102.15%), Zinc: 14.38mg (95.84%), Vitamin B2: 1.47mg (86.58%), Potassium: 2930.11mg (83.72%), Vitamin K: 58.64µg (55.85%), Vitamin B5: 3.56mg (35.55%), Vitamin C: 15.14mg (18.36%),

Vitamin B12: 0.37µg (6.21%), Vitamin A: 169.23IU (3.38%)