



Vegan Banana Nut Muffins

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



218 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup agave nectar
- 0.3 cup apple sauce
- 1 teaspoon baking soda
- 4 medium banana very ripe mashed
- 1 cup flour all-purpose
- 1 tablespoon ground flaxseed
- 1 pinch salt
- 0.5 teaspoon vanilla extract

- 4 cups water
- 1.3 cups flour whole-wheat

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- loaf pan
- muffin tray

Directions

- Pre-heat oven to 325 degrees with rack in middle.
- Mix ground flaxseed with water and set aside.If using a loaf pan: grease & flour a 9x5x3 loaf pan.If making muffins, line with liners or grease & flour muffin pan.
- Whisk together flours, baking soda, and salt. In separate large bowl, mix together flaxseed mixture, agave, and apple sauce until combined.
- Add flour mixture and when combined add in vanilla, and bananas.
- Mix until combined. Fold in 1/2 cup of walnuts and pour into prepared loaf pan. Top with remaining 1/3 cup of nuts.For loaf pan: bake for 45 to 60 minutes
- For muffins: bake for 25-30 minutes
- Or until a thin knife inserted in middle comes out clean.Cool for 10 minutes on wire rack before removing from pan.

Nutrition Facts



PROTEIN 7.75% **FAT 4.55%** **CARBS 87.7%**

Properties

Glycemic Index:19.64, Glycemic Load:15.57, Inflammation Score:-4, Nutrition Score:9.6182608695652%

Flavonoids

Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg, Catechin: 3.25mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 218.37kcal (10.92%), Fat: 1.14g (1.76%), Saturated Fat: 0.18g (1.13%), Carbohydrates: 49.58g (16.53%), Net Carbohydrates: 45.73g (16.63%), Sugar: 19.65g (21.83%), Cholesterol: 0mg (0%), Sodium: 133.42mg (5.8%), Protein: 4.38g (8.76%), Manganese: 0.94mg (46.83%), Selenium: 16.06µg (22.95%), Vitamin B1: 0.25mg (16.39%), Vitamin B6: 0.31mg (15.74%), Fiber: 3.85g (15.38%), Folate: 49.62µg (12.4%), Magnesium: 44.56mg (11.14%), Vitamin B3: 2.15mg (10.76%), Vitamin B2: 0.17mg (9.89%), Vitamin C: 7.75mg (9.4%), Phosphorus: 91.57mg (9.16%), Iron: 1.46mg (8.1%), Copper: 0.16mg (7.96%), Potassium: 275.51mg (7.87%), Vitamin K: 4.81µg (4.58%), Zinc: 0.66mg (4.38%), Vitamin B5: 0.35mg (3.47%), Vitamin E: 0.37mg (2.48%), Calcium: 15.99mg (1.6%)