



Vegan Banana Walnut Muffins

 Dairy Free

READY IN



37 min.

SERVINGS



9

CALORIES



563 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup bananas mashed
- ☐ 9 servings butter substitute melted for non-vegans
- ☐ 0.5 cup coconut oil
- ☐ 3 teaspoons ener-g egg replacer
- ☐ 9 servings sugar – evaporated cane juice white
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons non-dairy milk

- ☐ 9 servings walnuts – any nuts
- ☐ 9 servings flour – pastry flour whole wheat all-purpose (See My Notes)
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup walnuts chopped
- ☐ 4 tablespoons warm water
- ☐ 0.8 cup sugar white

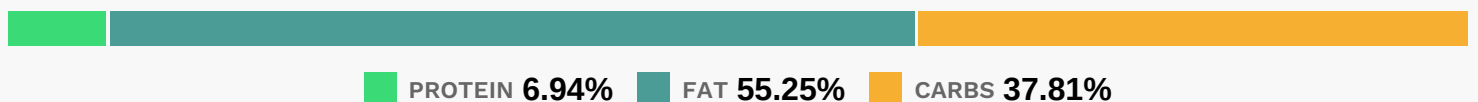
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Line 8 or 9 muffin cavities with paper liners. Grease the paper liner with non-stick cooking spray if you want to peel the muffins off the liner immediately after baking.
- ☐ Whisk/blend until frothy the egg replacer with the water and set aside. In a large bowl mix together the dry ingredients. To the flour mix add the oil, mashed bananas, egg replacer liquid and vanilla extract. Stir in the walnuts too. The batter will be quite thick. Scoop about 1/4-1/3 cup of batter for each muffin and bake for about 18-20 minutes or until a toothpick inserted in the center of the muffin comes out clean. Mine was done in 17 minutes itself. Cool the pan on a cooling rack for about 5 minutes. Then remove the muffins out of the pan and serve immediately or cool completely to store it.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:31.38, Inflammation Score:-7, Nutrition Score:14.296956572844%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg, Catechin: 1.52mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 563.17kcal (28.16%), Fat: 35.96g (55.33%), Saturated Fat: 7.09g (44.29%), Carbohydrates: 55.36g (18.45%), Net Carbohydrates: 50.49g (18.36%), Sugar: 21.16g (23.51%), Cholesterol: 0mg (0%), Sodium: 390.75mg (16.99%), Alcohol: 0.15g (100%), Alcohol %: 0.13% (100%), Protein: 10.17g (20.34%), Manganese: 1.21mg (60.68%), Copper: 0.61mg (30.45%), Magnesium: 97.68mg (24.42%), Vitamin B1: 0.33mg (21.84%), Phosphorus: 206.55mg (20.66%), Folate: 82.04µg (20.51%), Fiber: 4.87g (19.49%), Vitamin B3: 3.49mg (17.45%), Selenium: 10.94µg (15.63%), Iron: 2.81mg (15.62%), Vitamin B2: 0.25mg (14.54%), Vitamin B6: 0.26mg (12.92%), Zinc: 1.71mg (11.41%), Vitamin A: 536.42IU (10.73%), Potassium: 356.88mg (10.2%), Calcium: 67.92mg (6.79%), Vitamin B5: 0.64mg (6.4%), Vitamin E: 0.64mg (4.25%), Vitamin C: 2.69mg (3.26%)