



Vegan Blueberry Bran Muffins

 Dairy Free

READY IN



43 min.

SERVINGS



12

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 cups vanilla almond milk divided
- ☐ 0.5 teaspoon apple cider vinegar
- ☐ 2.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup blueberries
- ☐ 1.5 cups bran flakes cereal
- ☐ 0.3 cup coconut oil melted
- ☐ 0.8 cup coconut palm sugar

- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup orange juice unsweetened freshly squeezed
- ☐ 1 orange zest
- ☐ 0.3 teaspoon salt

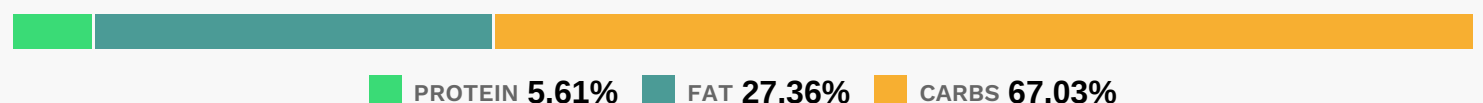
Equipment

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

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. In a small bowl stir together 1/2 cup of milk and vinegar; set aside to curdle. Line a 12 muffin tin with paper liners. In a medium bowl, sift together the dry ingredients listed in Part 1. In a large bowl, stir together the cereal, 3/4 cup of milk and orange juice.
- ☐ Add the curdled milk, brown sugar and melted coconut oil too. Incorporate the dry flour mix into the wet ingredients, stirring until just combined.
- ☐ Add in the blueberries too. As always remember to toss the fruit with some flour before adding it to the batter. If the batter is too thick add a tablespoon or two of water/milk. Spoon in the batter in the prepared muffin tin and bake for about 22–25 minutes or until a toothpick inserted in the middle of the muffin comes out clean. Mine was done in 23 minutes. Cool the pan on a wire rack for 5 minutes before removing the muffins out of the tin.
- ☐ Serve it warm or once cooled.

Nutrition Facts



Properties

Glycemic Index:33.35, Glycemic Load:16.39, Inflammation Score:-4, Nutrition Score:6.2334782429363%

Flavonoids

Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg, Cyanidin: 1.04mg Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg, Petunidin: 3.89mg Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg, Delphinidin: 4.37mg Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg, Malvidin: 8.34mg Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg, Peonidin: 2.5mg Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg, Catechin: 0.72mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 160.21kcal (8.01%), Fat: 5.12g (7.88%), Saturated Fat: 3.8g (23.72%), Carbohydrates: 28.24g (9.41%), Net Carbohydrates: 26.29g (9.56%), Sugar: 9.7g (10.78%), Cholesterol: 0mg (0%), Sodium: 263.52mg (11.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.73%), Manganese: 0.34mg (16.85%), Folate: 63.29µg (15.82%), Vitamin B1: 0.2mg (13.07%), Iron: 2.29mg (12.72%), Selenium: 7.98µg (11.4%), Vitamin B2: 0.16mg (9.19%), Vitamin B3: 1.83mg (9.14%), Calcium: 88.02mg (8.8%), Fiber: 1.95g (7.81%), Phosphorus: 59.83mg (5.98%), Vitamin B6: 0.1mg (5.14%), Vitamin B12: 0.25µg (4.17%), Magnesium: 16.41mg (4.1%), Vitamin C: 2.66mg (3.22%), Copper: 0.06mg (2.92%), Vitamin A: 138.93IU (2.78%), Zinc: 0.39mg (2.58%), Vitamin K: 2.59µg (2.47%), Potassium: 63.02mg (1.8%), Vitamin B5: 0.14mg (1.36%), Vitamin D: 0.17µg (1.1%)