



Vegan Blueberry Muffins



Vegetarian



Vegan



Dairy Free



Popular

READY IN



37 min.

SERVINGS



12

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 1.5 cups blueberries fresh frozen
- ☐ 0.3 cup canola oil
- ☐ 1 teaspoon lemon extract (I did not use it)
- ☐ 2 lemon zest for lemon zest
- ☐ 1 cup milk (I used Rice Milk)
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup sugar

- ☐ 2 cups unbleached all purpose flour (I used bleached)
- ☐ 1 tablespoon vinegar white (I used Apple Cider Vinegar)

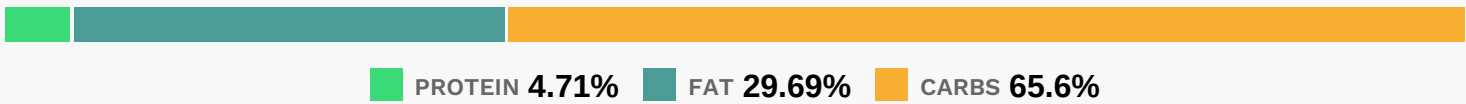
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack
- ☐ spatula
- ☐ skewers
- ☐ muffin tray

Directions

- ☐ Preheat the oven to 375F (see My Notes) for 15 minutes. Lightly grease a muffin tin.In a medium bowl, combine together flour, baking soda, salt and lemon zest.In a large bowl, combine the sugar, milk, oil, extract, and vinegar.
- ☐ Mix well.
- ☐ Add the dry ingredients to the wet ingredients, stir until just combined. Don't over stir.Gently fold in the berries using a rubber spatula.Fill the muffin tins about 2/3rds full.
- ☐ Bake until a wooden skewer inserted into the center comes out clean, about 22 minutes.
- ☐ Remove from the oven and let it cool for 5 minutes. After that remove the muffins from the tins and cool on a wire rack.

Nutrition Facts



Properties

Glycemic Index:19.09, Glycemic Load:11.27, Inflammation Score:-2, Nutrition Score:4.2043478164984%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg,

Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg
Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg
Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin:
0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg,
Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin:
1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg,
Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 200.24kcal (10.01%), Fat: 6.7g (10.3%), Saturated Fat: 0.5g (3.1%), Carbohydrates: 33.29g (11.1%), Net
Carbohydrates: 32.17g (11.7%), Sugar: 15.34g (17.04%), Cholesterol: 0mg (0%), Sodium: 242.14mg (10.53%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 2.39g (4.78%), Vitamin B1: 0.17mg (11.4%), Manganese: 0.21mg (10.41%),
Selenium: 7.17µg (10.24%), Folate: 39.37µg (9.84%), Vitamin E: 1.24mg (8.3%), Vitamin K: 8.07µg (7.69%), Vitamin
B2: 0.11mg (6.69%), Vitamin B3: 1.31mg (6.56%), Iron: 1.04mg (5.76%), Fiber: 1.11g (4.45%), Vitamin C: 3.08mg
(3.74%), Phosphorus: 24.94mg (2.49%), Copper: 0.04mg (2.13%), Magnesium: 5.91mg (1.48%), Zinc: 0.18mg (1.2%),
Vitamin B5: 0.12mg (1.17%), Potassium: 39.32mg (1.12%), Vitamin B6: 0.02mg (1.03%)