



Vegan Chocolate Chip Muffins



Dairy Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



504 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup vanilla almond milk
- ☐ 1 Teaspoon apple cider vinegar
- ☐ 8 servings apple cider vinegar – vinegar white
- ☐ 1 Tablespoon double-acting baking powder
- ☐ 8 servings applesauce – use oil itself unsweetened
- ☐ 8 servings chocolate chips – any fruit dried
- ☐ 0.3 cup coconut oil
- ☐ 8 servings coconut oil – any flavor oil neutral

- ☐ 8 servings dairy milk
- ☐ 0.5 cup nuts chopped (Optional)
- ☐ 8 servings pastry flour – equal parts of all purpose flour & flour whole wheat
- ☐ 0.5 Teaspoon salt
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 1 Teaspoon vanilla extract
- ☐ 0.5 cup vegan chocolate chips
- ☐ 0.5 cup sugar white
- ☐ 2 cups pastry flour whole wheat

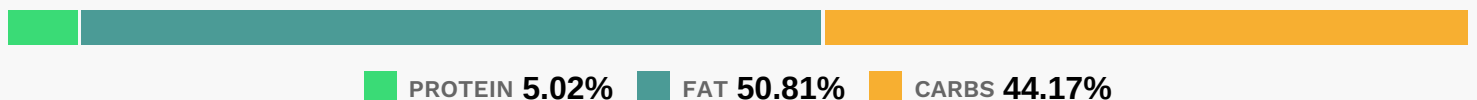
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Lightly grease a muffin tin or line it with paper liners. In a small bowl mix together the milk and vinegar and set aside for about 5 minutes or until it curdles. In a large bowl, whisk together the dry ingredients and make a well in the center. To it add the milk mixture, applesauce, oil and vanilla extract.
- ☐ Mix together until the batter is just moistened. Fold in the chocolate chips and nuts, if using. Scoop out about 1/3rd cup of batter in each muffin cup.
- ☐ Bake for about 25–27 minutes or until a toothpick inserted in the center of a muffin comes out clean. Mine was done in 25 minutes.

Nutrition Facts



Properties

Glycemic Index:43.65, Glycemic Load:9.6, Inflammation Score:-3, Nutrition Score:12.239130588329%

Flavonoids

Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin: 7.01mg, Epicatechin: 7.01mg, Epicatechin: 7.01mg, Epicatechin: 7.01mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

Nutrients (% of daily need)

Calories: 503.78kcal (25.19%), Fat: 30.66g (47.16%), Saturated Fat: 20.38g (127.38%), Carbohydrates: 59.96g (19.99%), Net Carbohydrates: 53.55g (19.47%), Sugar: 30.75g (34.16%), Cholesterol: 0mg (0%), Sodium: 350.01mg (15.22%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 6.81g (13.63%), Manganese: 1.47mg (73.69%), Selenium: 19.65µg (28.07%), Fiber: 6.41g (25.63%), Phosphorus: 189.33mg (18.93%), Magnesium: 67.16mg (16.79%), Calcium: 165mg (16.5%), Iron: 2.75mg (15.27%), Copper: 0.28mg (14%), Vitamin B1: 0.21mg (13.87%), Vitamin B3: 2.1mg (10.52%), Vitamin B6: 0.19mg (9.51%), Zinc: 1.2mg (7.98%), Potassium: 268.96mg (7.68%), Vitamin B2: 0.11mg (6.64%), Folate: 22.35µg (5.59%), Vitamin B5: 0.35mg (3.49%), Vitamin E: 0.48mg (3.17%), Vitamin C: 1.4mg (1.7%), Vitamin K: 1.36µg (1.3%)