



## Vegan Cornmeal Raspberry Muffins



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



37 min.

SERVINGS



11

CALORIES



158 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 Tablespoon apple cider vinegar
- ☐ 3 Teaspoons double-acting baking powder
- ☐ 1 Teaspoon baking soda
- ☐ 0.8 cup cornmeal
- ☐ 0.3 cup oil
- ☐ 11 servings orange zest
- ☐ 1 cup raspberries fresh frozen (Can Use Too)
- ☐ 0.3 Teaspoon salt

- ☐ 0.8 cup sugar
- ☐ 1 Teaspoon vanilla extract

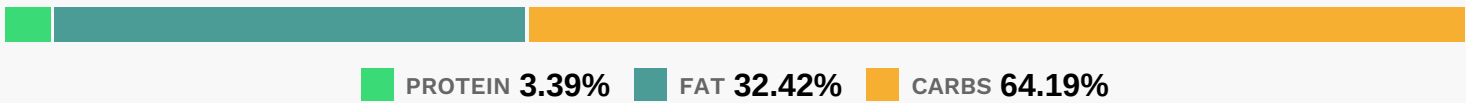
## Equipment

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

## Directions

- ☐ Preheat oven to 400F/200C for 15 minutes. Grease or line a 12-cup muffin tin with paper liners.
- ☐ Mix together the almond milk and vinegar; set aside for a couple of minutes until it curdles.In a large bowl combine together the dry ingredients including the orange zest. Take 2 tablespoons of this mixture andcombine it with the berries, in a separate bowl. This will avoid the berries from sinking to the bottom of the muffins.In another bowl whisk together the curdled milk mixture, oil and vanilla extract.Gently fold in the wet ingredients into the dry mixture. Stir in the berries. Do not over mix the batter.Spoon the batter into the prepared muffin tins, about 2/3rds full. I got only 11 muffins for the above measurement.
- ☐ Sprinkle some sugar on top of the muffins.
- ☐ Bake for about 15-20 minutes or until a toothpick inserted in the center of the muffin comes out clean.
- ☐ Transfer to a wire rack and let it cool for at least 5 minutes before removing from the pan.

## Nutrition Facts



## Properties

Glycemic Index:26.96, Glycemic Load:14.67, Inflammation Score:-2, Nutrition Score:4.4065217608991%

Flavonoids

Cyanidin: 4.99mg, Cyanidin: 4.99mg, Cyanidin: 4.99mg, Cyanidin: 4.99mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 158.36kcal (7.92%), Fat: 5.87g (9.03%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 26.14g (8.71%), Net Carbohydrates: 23.14g (8.42%), Sugar: 14.31g (15.9%), Cholesterol: 0mg (0%), Sodium: 269.12mg (11.7%), Alcohol: 0.13g (100%), Alcohol %: 0.28% (100%), Protein: 1.38g (2.76%), Vitamin C: 19.18mg (23.25%), Fiber: 3g (12.01%), Calcium: 87.1mg (8.71%), Manganese: 0.15mg (7.38%), Vitamin E: 1.06mg (7.04%), Phosphorus: 54.11mg (5.41%), Vitamin B6: 0.09mg (4.56%), Vitamin K: 4.5µg (4.29%), Magnesium: 17.05mg (4.26%), Iron: 0.63mg (3.48%), Vitamin B1: 0.05mg (3.36%), Zinc: 0.41mg (2.76%), Copper: 0.05mg (2.43%), Folate: 9.58µg (2.39%), Potassium: 78.86mg (2.25%), Vitamin B3: 0.44mg (2.21%), Vitamin B2: 0.03mg (1.64%), Vitamin B5: 0.16mg (1.59%), Selenium: 0.88µg (1.25%), Vitamin A: 54IU (1.08%)