



Vegan Date Sweet Potato Muffins



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons baking soda
- ☐ 2 bananas very ripe mashed
- ☐ 0.3 cup dates pitted chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup rolled oats
- ☐ 1.5 cups rice flour
- ☐ 0.5 cup sunflower seed oil
- ☐ 0.5 sweet potatoes and into diced peeled

☐ 0.5 cup sugar white

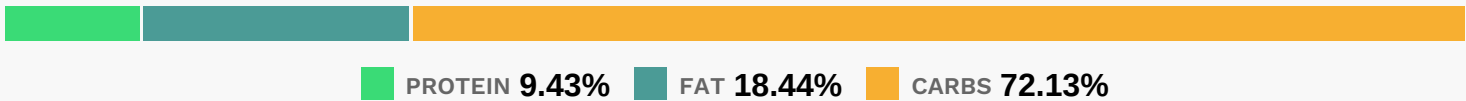
Equipment

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

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Grease 12 muffin cups or line with paper muffin liners.
- ☐ Place diced sweet potato into a small pan with enough water to cover, bring to a boil, and cook until tender, about 10 minutes.
- ☐ Drain sweet potato; set aside to cool.
- ☐ Whisk together spelt flour, oats, baking soda, and cinnamon in a bowl. Stir together bananas, oil, and sugar in a separate bowl.
- ☐ Stir banana mixture into spelt mixture just until dry ingredients are moistened; fold in dates and sweet potato. Divide mixture evenly into 12 muffin cups.
- ☐ Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 18 minutes. Cool in pan for 10 minutes; remove to cool completely on a wire rack.

Nutrition Facts



Properties

Glycemic Index:24.99, Glycemic Load:12.04, Inflammation Score:-7, Nutrition Score:7.3713043694911%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 187.83kcal (9.39%), Fat: 3.93g (6.04%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 34.57g (11.52%), Net Carbohydrates: 30.19g (10.98%), Sugar: 13.92g (15.46%), Cholesterol: 0mg (0%), Sodium: 143.76mg (6.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.52g (9.04%), Vitamin A: 1352.22IU (27.04%), Manganese: 0.47mg (23.58%), Fiber: 4.37g (17.48%), Vitamin E: 2.04mg (13.61%), Magnesium: 36.99mg (9.25%), Vitamin B6: 0.18mg (9.04%), Vitamin B1: 0.13mg (8.62%), Copper: 0.17mg (8.3%), Iron: 1.47mg (8.16%), Selenium: 5.34µg (7.63%), Phosphorus: 75.94mg (7.59%), Potassium: 190.28mg (5.44%), Folate: 20.59µg (5.15%), Zinc: 0.6mg (3.99%), Vitamin B3: 0.78mg (3.89%), Vitamin B2: 0.05mg (3.22%), Vitamin B5: 0.3mg (3.04%), Vitamin C: 2.04mg (2.47%), Calcium: 15.02mg (1.5%)