



Vegan Lemon Poppyseed Muffins



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



367 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 15 ounce coconut milk canned
- ☐ 0.8 cup dairy-free margarine such as earth balance melted
- ☐ 1.3 cups granulated sugar organic
- ☐ 3 tablespoons ground flaxseed
- ☐ 0.3 cup juice of lemon fresh (from 3 lemons)
- ☐ 2 tablespoons lemon zest for the juice below (from the 3 lemons you use)
- ☐ 2 tablespoons poppy seeds

- ☐ 1 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.5 cup tablespoon water
- ☐ 3 cups pastry flour whole wheat all-purpose

Equipment

- ☐ food processor
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ blender
- ☐ hand mixer
- ☐ toothpicks
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat your oven to 350°F. Lightly oil 12 to 16 muffin cups. In a blender or food processor or in a bowl using an electric hand mixer, whip the flaxseed and water together, until you have a thick and creamy consistency. The result should be rather gooey. This can all be done by hand, but a food processor/hand mixer does a better job in about 1 minute. In a large mixing bowl, stir together the flour, sugar, baking powder, lemon zest, poppy seeds, and salt. Create a well in the center of the dry ingredients, then add the flax eggs, coconut milk, lemon juice, oil, and vanilla extract, and stir mix until smooth, about 1 minute.
- ☐ Pour batter evenly into the prepared muffin cups (about 2 tablespoons each). If you've already oiled all of the cups of the muffin tin but don't fill all of the cups with batter, add a small amount of water to each cup that doesn't contain batter. Baking an empty, greased cup makes for hard cleanup!
- ☐ Bake the muffins for 25 to 30 minutes, or until a toothpick inserted into the center of the muffins comes out clean. Cool in the pans for 10 minutes before removing to a wire rack.

Nutrition Facts



 PROTEIN **5.65%**  FAT **46.33%**  CARBS **48.02%**

Properties

Glycemic Index:16.59, Glycemic Load:14.69, Inflammation Score:-6, Nutrition Score:13.221304271532%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 366.95kcal (18.35%), Fat: 19.76g (30.4%), Saturated Fat: 10.1g (63.12%), Carbohydrates: 46.08g (15.36%), Net Carbohydrates: 41.19g (14.98%), Sugar: 22.45g (24.94%), Cholesterol: 0mg (0%), Sodium: 345.74mg (15.03%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 5.42g (10.85%), Manganese: 1.69mg (84.6%), Selenium: 21.52µg (30.75%), Vitamin E: 3.04mg (20.28%), Fiber: 4.89g (19.55%), Phosphorus: 179.03mg (17.9%), Magnesium: 67.13mg (16.78%), Vitamin B1: 0.2mg (13.57%), Copper: 0.27mg (13.43%), Iron: 1.99mg (11.05%), Vitamin A: 543.04IU (10.86%), Vitamin B3: 1.84mg (9.18%), Zinc: 1.22mg (8.15%), Vitamin K: 8.52µg (8.11%), Vitamin B6: 0.15mg (7.54%), Calcium: 73.71mg (7.37%), Potassium: 240.94mg (6.88%), Vitamin C: 4.93mg (5.98%), Folate: 23.11µg (5.78%), Vitamin B2: 0.06mg (3.53%), Vitamin B5: 0.28mg (2.8%)