



## Vegan Oatmeal Raisin Muffins



Dairy Free



Popular

READY IN



36 min.

SERVINGS



10

CALORIES



249 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1.3 cups vanilla almond milk
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 cup ground flax seed
- ☐ 0.3 cup maple syrup
- ☐ 0.5 cup oats quick ( Cooking)
- ☐ 0.3 cup oil organic melted ( I used , refined Coconut Oil)

- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vinegar (I used apple cider vinegar)
- ☐ 0.5 cup walnuts chopped
- ☐ 0.3 cup sugar white
- ☐ 1.5 cups pastry flour whole wheat

## Equipment

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

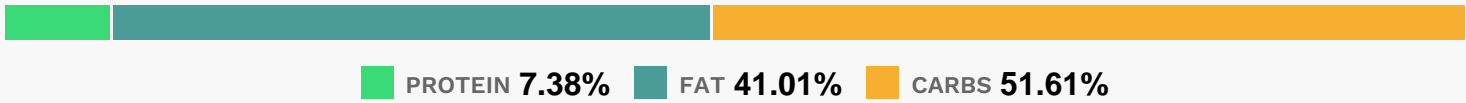
## Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Lightly grease or line a 12 cup muffin tin with paper liners.
- ☐ Mix the almond milk and vinegar together and set aside for 5 minutes, for the mixture to curdle.
- ☐ Mix about a tablespoon of flour with the raisins, so that the raisins will not sink to the bottom of the muffins. In a large bowl, combine all the dry ingredients. In a small bowl, whisk together the curdled almond milk, maple syrup and coconut oil. Stir into flour mixture until just combined. Fold in the raisins and nuts. Fill each muffin cup about 3/4ths full. The batter was just enough for 10 muffins and not for 12 muffins mentioned in the original recipe. So I filled the remaining empty 2 muffin cups with some water, to ensure even baking of all the muffins.
- ☐ Bake for 15–20 minutes or until a toothpick inserted in the center comes out clean. Mine were ready in 16 minutes.

☐

Remove the pan from the oven and cool it on a wire rack for 5–10 minutes. If you use paper liners, remove the muffins out of the pan just after 5 minutes to prevent condensation.

## Nutrition Facts



## Properties

Glycemic Index:41.64, Glycemic Load:9.68, Inflammation Score:-3, Nutrition Score:9.8717391826212%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg

## Nutrients (% of daily need)

Calories: 249.18kcal (12.46%), Fat: 12.05g (18.54%), Saturated Fat: 5.14g (32.11%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 29.67g (10.79%), Sugar: 10.18g (11.31%), Cholesterol: 0mg (0%), Sodium: 313.55mg (13.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.75%), Manganese: 1.4mg (70.22%), Selenium: 13.68µg (19.54%), Fiber: 4.46g (17.84%), Magnesium: 59.29mg (14.82%), Phosphorus: 141.19mg (14.12%), Vitamin B1: 0.21mg (13.87%), Copper: 0.25mg (12.72%), Vitamin B2: 0.17mg (9.86%), Calcium: 97.25mg (9.73%), Iron: 1.48mg (8.21%), Vitamin B6: 0.14mg (7.07%), Zinc: 1.04mg (6.96%), Potassium: 217.99mg (6.23%), Vitamin B3: 1.22mg (6.08%), Folate: 18.65µg (4.66%), Vitamin B5: 0.23mg (2.3%), Vitamin E: 0.21mg (1.38%)