



## Vegan Orange Currant “Honey” Muffins

 Dairy Free

READY IN



30 min.

SERVINGS



12

CALORIES



224 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.5 cup honey-flavored agave nectar plain (can sub agave nectar)
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.4 cup canola oil
- ☐ 0.5 cup currants dried
- ☐ 1 cup dairy-free yogurt plain
- ☐ 12 juice of orange grated
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup apple sauce unsweetened
- ☐ 2.3 cups pastry flour whole wheat

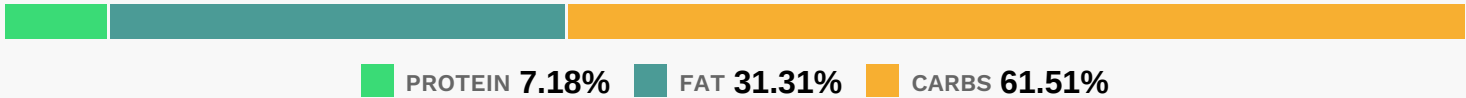
## Equipment

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

## Directions

- ☐ Preheat oven to 400°F.Line a dozen muffin cups with liners or grease.
- ☐ Combine flour, baking soda, baking powder and salt in a large bowl.
- ☐ Whisk together the dairy-free yogurt, applesauce, oil, agave, orange zest and orange juice in a separate bowl.
- ☐ Add wet ingredients into dry ingredients, stirring until just combined (do not over mix). Stir in currants.Fill prepared muffin cups and bake 15 minutes, or until just beginning to brown and crack on the top.Cool for several minutes in the pan and them remove onto cooling rack to cool completely.

## Nutrition Facts



## Properties

Glycemic Index:18.12, Glycemic Load:5.6, Inflammation Score:-5, Nutrition Score:11.291304344716%

## Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 7.17mg, Hesperetin: 7.17mg, Hesperetin: 7.17mg, Hesperetin: 7.17mg Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg Myricetin: 0.03mg, Myricetin: 0.03mg,

Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 224.49kcal (11.22%), Fat: 8.14g (12.52%), Saturated Fat: 0.67g (4.2%), Carbohydrates: 35.98g (11.99%), Net Carbohydrates: 32.98g (11.99%), Sugar: 16.56g (18.4%), Cholesterol: 0mg (0%), Sodium: 237.46mg (10.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.2g (8.4%), Manganese: 0.95mg (47.75%), Vitamin C: 33.36mg (40.43%), Selenium: 14.65µg (20.92%), Vitamin B1: 0.2mg (13.5%), Vitamin E: 2.02mg (13.45%), Fiber: 3g (12%), Vitamin B3: 2.17mg (10.86%), Phosphorus: 104.37mg (10.44%), Vitamin B6: 0.2mg (10.17%), Magnesium: 40.07mg (10.02%), Folate: 37.85µg (9.46%), Copper: 0.16mg (8.22%), Potassium: 284mg (8.11%), Vitamin K: 7.79µg (7.42%), Vitamin B2: 0.12mg (7.12%), Calcium: 67.21mg (6.72%), Iron: 1.21mg (6.71%), Zinc: 0.69mg (4.59%), Vitamin A: 206.64IU (4.13%), Vitamin B12: 0.21µg (3.54%), Vitamin B5: 0.26mg (2.57%), Vitamin D: 0.24µg (1.57%)