



Vegan Parsnip and Apple Muffins

 Dairy Free

READY IN



46 min.

SERVINGS



15

CALORIES



187 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup vanilla almond milk
- ☐ 1 cup apples grated
- ☐ 1 teaspoon apple cider vinegar
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.5 teaspoons cinnamon
- ☐ 0.7 cup coconut oil melted
- ☐ 1 teaspoon ginger

- ☐ 0.5 cup maple syrup pure
- ☐ 2 cups parsnips grated (See My Notes)
- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1 cup walnuts
- ☐ 2 cups flour whole wheat (See My Notes)

Equipment

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

Directions

- ☐ Preheat oven to 350F/180C for 15 minutes. Toast the walnuts while the oven is preheating. 7-8 minutes should be fine. Stir it once in the middle. Chop it coarsely once cool enough to handle. Line muffin cups with paper liners. In a medium size bowl, combine together the grated parsnip and apple. In another large bowl, stir together the rest of the dry ingredients including the walnuts and raisins. In a small bowl, whisk together the wet ingredients. Fold in the wet mix and grated parsnip and apple into the dry mix and stir until just combined. Using an ice-cream scoop divide the batter equally among 15 muffin cups.
- ☐ Bake for 20-25 minutes or until a toothpick inserted in the middle comes out clean. Mine was done in 22 minutes. Cool the muffins on a wire rack before storing it.

Nutrition Facts



Properties

Glycemic Index:24.89, Glycemic Load:6.42, Inflammation Score:-3, Nutrition Score:9.1517390544%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 186.84kcal (9.34%), Fat: 7.7g (11.85%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 28.38g (9.46%), Net Carbohydrates: 24.59g (8.94%), Sugar: 8.49g (9.44%), Cholesterol: 0mg (0%), Sodium: 219.28mg (9.53%), Alcohol: 0.14g (100%), Alcohol %: 0.19% (100%), Protein: 3.75g (7.5%), Manganese: 1.32mg (65.81%), Selenium: 10.63µg (15.18%), Fiber: 3.79g (15.17%), Copper: 0.23mg (11.46%), Vitamin B2: 0.19mg (11.46%), Phosphorus: 110.23mg (11.02%), Magnesium: 43.86mg (10.96%), Vitamin B1: 0.14mg (9.13%), Calcium: 78.68mg (7.87%), Vitamin B6: 0.14mg (6.81%), Folate: 26.99µg (6.75%), Potassium: 234.27mg (6.69%), Iron: 1.12mg (6.22%), Zinc: 0.85mg (5.69%), Vitamin B3: 1.08mg (5.4%), Vitamin C: 3.77mg (4.58%), Vitamin K: 4.76µg (4.54%), Vitamin E: 0.45mg (3.03%), Vitamin B5: 0.26mg (2.56%)