



WHATSheATE



Vegan Peanut Butter Muffins



Vegetarian



Vegan



Dairy Free



Popular

READY IN



30 min.

SERVINGS



9

CALORIES



244 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.3 cup cocoa powder
- ☐ 0.5 cup peanut butter (I used creamy)
- ☐ 0.7 cup cooking oats) quick
- ☐ 1 cup rice milk
- ☐ 0.8 cup sugar

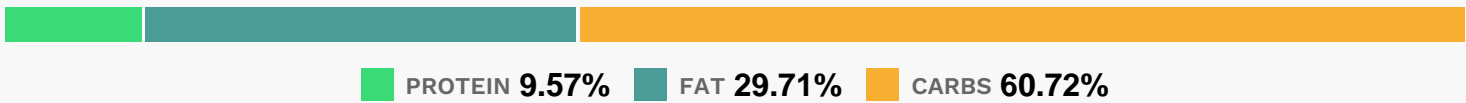
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat the oven at 400F/200C for 15 minutes. Grease with little cooking spray or line the muffin tins with paper liners and set aside.In a large bowl combine together the flour, oatmeal, cocoa powder, sugar and baking powder.In a small sauce pan, over low heat, melt peanut butter in milk, stirring constantly.
- ☐ Remove from heat and set aside to cool slightly.Once the peanut butter mixture is cool, incorporate it into the dry ingredients and stir until just combined.Spoon the batter into the prepared pan filling it to the top of each cup.The above batter was enough for 9 muffins. So I filled the remaining 3 cups with water to ensure even baking of the muffins. I took out mine from the oven after 16 minutes, but I think 13–15 minutes should be perfect. I felt that in this recipe the smell of the muffins is an indicator of the doneness in addition to the toothpick test. I started smelling a burnt cocoa smell and that’s when I removed the muffins. So the tops were a bit crusty and it had turned slightly back. Either have a close watch or reduce the oven temperature to 350F and bake it accordingly.

Nutrition Facts



Properties

Glycemic Index:43.9, Glycemic Load:24.48, Inflammation Score:-4, Nutrition Score:8.0647826337296%

Flavonoids

Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg, Catechin: 2.06mg Epicatechin: 6.26mg, Epicatechin: 6.26mg, Epicatechin: 6.26mg, Epicatechin: 6.26mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 243.88kcal (12.19%), Fat: 8.58g (13.21%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 39.48g (13.16%), Net Carbohydrates: 36.67g (13.34%), Sugar: 19.54g (21.71%), Cholesterol: 0mg (0%), Sodium: 214.25mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.33mg (2.44%), Protein: 6.22g (12.44%), Manganese: 0.69mg (34.31%), Magnesium: 59.75mg (14.94%), Phosphorus: 143.69mg (14.37%), Vitamin B3: 2.85mg (14.23%), Selenium: 7.9µg (11.28%), Fiber: 2.81g (11.23%), Copper: 0.22mg (11.22%), Vitamin B1: 0.16mg (10.91%), Folate: 40.68µg (10.17%), Iron: 1.77mg (9.83%), Calcium: 97.19mg (9.72%), Vitamin E: 1.36mg (9.06%), Vitamin B2: 0.11mg (6.71%), Zinc: 0.87mg (5.81%), Potassium: 166.22mg (4.75%), Vitamin B6: 0.08mg (3.98%), Vitamin B5: 0.26mg (2.63%)