



HEALTH SCORE

58%

Vegan Pumpkin Bran Muffins



Dairy Free

READY IN



38 min.

SERVINGS



12

CALORIES



202 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 cups all-bran cereal (flakes)
- ☐ 1 tablespoon apple cider vinegar
- ☐ 0.3 cup canola oil
- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 1.3 teaspoon baking soda
- ☐ 0.5 cup coconut palm sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup ground flax seed

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup hemp seeds
- ☐ 1 cup non-dairy milk (I used almond milk)
- ☐ 3 tablespoons protein powder (I used plant based)
- ☐ 0.8 cup pumpkin puree
- ☐ 0.5 cup raisins
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup pastry flour whole wheat

Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ wooden spoon
- ☐ ice cream scoop
- ☐ measuring cup
- ☐ muffin tray

Directions

- ☐ Preheat oven to 400F/190C for 15 minutes. Line a 12 cup muffin pan with paper liners. In a large bowl stir together the dry ingredients and set aside. In another medium size bowl mix together wet ingredients. Beat it well with a wooden spoon.
- ☐ Pour the wet ingredients over the dry mix and combine until just moistened. You may need to add another tablespoon or two of water/milk to get the right consistency. Use an ice cream scoop or a 1/3rd measuring cup to fill the paper liners with muffin batter. Divide the batter evenly among the 12 cups and bake for 17-20 minutes or until a toothpick inserted in the center of the muffin comes out clean. Mine was done in 18 minutes.

Nutrition Facts



 PROTEIN **14.85%**  FAT **37.3%**  CARBS **47.85%**

Properties

Glycemic Index:33.24, Glycemic Load:7.3, Inflammation Score:-9, Nutrition Score:16.633478382359%

Nutrients (% of daily need)

Calories: 202.27kcal (10.11%), Fat: 9.09g (13.99%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 26.25g (8.75%), Net Carbohydrates: 21.27g (7.73%), Sugar: 6.74g (7.49%), Cholesterol: 5.83mg (1.94%), Sodium: 219.87mg (9.56%), Alcohol: 0.11g (100%), Alcohol %: 0.18% (100%), Protein: 8.15g (16.29%), Manganese: 1.05mg (52.66%), Vitamin A: 2605.29IU (52.11%), Vitamin B6: 0.9mg (44.9%), Folate: 100.23µg (25.06%), Vitamin B12: 1.43µg (23.78%), Phosphorus: 200.23mg (20.02%), Fiber: 4.99g (19.95%), Vitamin B1: 0.29mg (19.31%), Iron: 3mg (16.68%), Vitamin B2: 0.26mg (15.54%), Magnesium: 57.58mg (14.4%), Vitamin B3: 2.44mg (12.18%), Selenium: 8.23µg (11.76%), Copper: 0.21mg (10.44%), Calcium: 93.44mg (9.34%), Zinc: 1.3mg (8.63%), Potassium: 251.78mg (7.19%), Vitamin E: 0.82mg (5.45%), Vitamin C: 3.7mg (4.49%), Vitamin D: 0.51µg (3.42%), Vitamin K: 3.15µg (3%), Vitamin B5: 0.23mg (2.26%)