



Vegan S'Mores Muffins

READY IN



30 min.

SERVINGS



12

CALORIES



107 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 5 Tablespoons apple sauce
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup carob chips
- ☐ 0.3 cup cocoa / carob powder (may sub cocoa powder)
- ☐ 1 cup vanilla non-dairy-milk plain (such as soymilk, ricemilk, oatmilk, etc. - I use oatmilk)
- ☐ 0.3 graham crackers
- ☐ 0.3 cup marshmallows chopped
- ☐ 0.3 cup powdered sugar
- ☐ 1 teaspoon vanilla extract pure

☐ 1.5 cups flour whole wheat

Equipment

☐ bowl

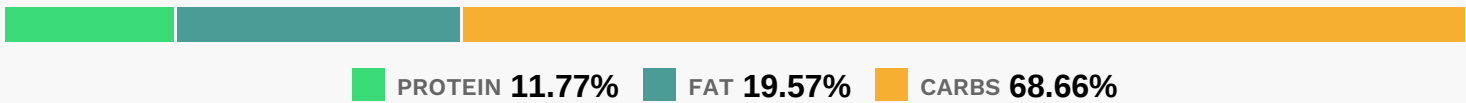
☐ oven

☐ toothpicks

Directions

- ☐ Preheat oven to 350°F. In a large bowl, combine flour, powdered sugar, carob powder and baking soda, and mix well. In a separate bowl, combine applesauce, vanilla, nondairy-milk, carob chips, graham cracker pieces and marshmallows, mixing well.
- ☐ Combine wet and dry ingredients; do not overmix.
- ☐ Bake for 15–18 minutes, until a toothpick inserted in the middle of muffins comes out clean.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:1.29, Inflammation Score:-2, Nutrition Score:5.6891304218899%

Flavonoids

Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg, Catechin: 1.2mg Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg, Epicatechin: 3.86mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 107.05kcal (5.35%), Fat: 2.49g (3.83%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 17.14g (6.23%), Sugar: 6.39g (7.1%), Cholesterol: 2.48mg (0.83%), Sodium: 106.99mg (4.65%), Alcohol: 0.11g (100%), Alcohol %: 0.28% (100%), Caffeine: 4.12mg (1.37%), Protein: 3.36g (6.73%), Manganese: 0.69mg (34.37%), Selenium: 10.17µg (14.53%), Fiber: 2.49g (9.96%), Phosphorus: 93.01mg (9.3%), Magnesium: 33.71mg (8.43%), Copper: 0.14mg (7.01%), Vitamin B1: 0.09mg (6.28%), Zinc: 0.74mg (4.91%), Iron: 0.87mg (4.83%), Calcium: 44.35mg (4.44%), Vitamin B3: 0.86mg (4.31%), Vitamin B6: 0.08mg (4.13%), Potassium: 141.68mg (4.05%), Vitamin B2: 0.07mg (3.95%), Folate: 8.3µg (2.07%), Vitamin B5: 0.2mg (2.02%), Vitamin B12: 0.12µg (2.01%), Vitamin D: 0.22µg (1.49%), Vitamin E: 0.19mg (1.25%)