



Vegan Whole Wheat Blueberry Muffins



Dairy Free



Popular

READY IN



35 min.

SERVINGS



10

CALORIES



203 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup vanilla almond milk
- ☐ 1 tablespoon apple cider vinegar
- ☐ 1.5 teaspoons baking soda
- ☐ 1.5 cups blueberries fresh ()
- ☐ 0.5 teaspoon cinnamon
- ☐ 0.3 cup ground flaxseed
- ☐ 0.5 cup maple syrup
- ☐ 2 teaspoons orange zest

- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup vegetable oil
- ☐ 1.8 cups pastry flour whole wheat

Equipment

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

Directions

- ☐ Preheat oven to 375F/190C for 15 minutes. Line a muffin tin with paper liners and grease it well with non stick cooking spray.
- ☐ Mix together the almond milk and vinegar; set aside. In a large bowl combine together the ground flax seed, flour, baking soda, cinnamon and salt. In a medium bowl, whisk together the maple syrup, oil, milk mixture, vanilla extract and orange zest. Make a well in the dry ingredients and stir in the wet ingredients with a rubber spatula until just moistened. Fold in blueberries. Scoop the batter into the prepared muffin cups; about 3 tablespoons in each.
- ☐ Sprinkle the tops with sugar.
- ☐ Bake the muffins until the tops are golden brown and a toothpick inserted in the center of the muffins comes out clean which is about 15–20 minutes. I took out mine after 17 minutes.
- ☐ Transfer the tin to a cooling rack and leave it there for 5 minutes. Then remove the muffins out of the tin and let it cool completely.

Nutrition Facts



Properties

Glycemic Index:15.35, Glycemic Load:5.06, Inflammation Score:-3, Nutrition Score:9.9534781730693%

Flavonoids

Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg Petunidin: 7mg, Petunidin: 7mg, Petunidin: 7mg, Petunidin: 7mg Delphinidin: 7.87mg, Delphinidin: 7.87mg, Delphinidin: 7.87mg, Delphinidin: 7.87mg Malvidin: 15.01mg, Malvidin: 15.01mg, Malvidin: 15.01mg, Malvidin: 15.01mg Peonidin: 4.5mg, Peonidin: 4.5mg, Peonidin: 4.5mg, Peonidin: 4.5mg Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg, Catechin: 1.17mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg, Quercetin: 1.7mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 202.66kcal (10.13%), Fat: 8.04g (12.37%), Saturated Fat: 1.07g (6.72%), Carbohydrates: 30.68g (10.23%), Net Carbohydrates: 26.64g (9.69%), Sugar: 12.09g (13.43%), Cholesterol: 0mg (0%), Sodium: 258.22mg (11.23%), Alcohol: 0.14g (100%), Alcohol %: 0.18% (100%), Protein: 3.81g (7.61%), Manganese: 1.42mg (71.03%), Selenium: 14.03µg (20.04%), Fiber: 4.04g (16.17%), Vitamin B2: 0.26mg (15.03%), Vitamin K: 14.91µg (14.2%), Vitamin B1: 0.19mg (12.69%), Magnesium: 49.44mg (12.36%), Phosphorus: 103.61mg (10.36%), Copper: 0.15mg (7.44%), Calcium: 68.05mg (6.81%), Vitamin B3: 1.28mg (6.38%), Iron: 1.08mg (6.01%), Vitamin B6: 0.12mg (5.85%), Zinc: 0.87mg (5.81%), Vitamin E: 0.74mg (4.91%), Potassium: 165.05mg (4.72%), Folate: 14.18µg (3.54%), Vitamin C: 2.73mg (3.3%), Vitamin B5: 0.2mg (1.96%)