



Whole Wheat Vegan Persimmon Muffins



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 Teaspoon double-acting baking powder
- ☐ 0.5 Teaspoon baking soda
- ☐ 1.5 Teaspoons cinnamon
- ☐ 2 Tablespoons grapeseed oil (may want to increase this by a tablespoon if you don't mind the added fat)
- ☐ 0.5 Teaspoon nutmeg
- ☐ 0.8 cup persimmon puree ripe (I used Hachiya's, make sure they are extremely ripe)
- ☐ 0.3 cup rice milk
- ☐ 0.3 cup sugar of choice (I used evaporated cane juice)

- ☐ 0.3 cup apple sauce unsweetened
- ☐ 0.5 cup walnuts chopped
- ☐ 1.3 cups pastry flour whole wheat

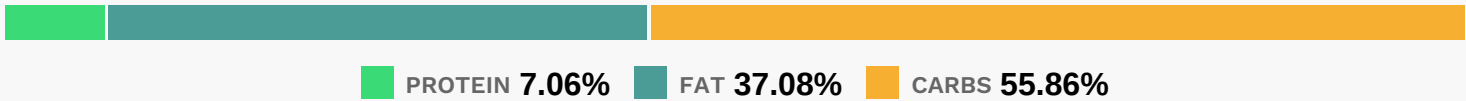
Equipment

- ☐ bowl
- ☐ oven
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350° and grease 8 muffin tins.
- ☐ Combine the flour through baking soda in a small bowl, and set aside. In a large bowl, blend the oil through rice milk. Slowly incorporate the flour mixture into the wet mixture, being careful not to overmix. Stir in the walnuts and equally divide the batter between your prepared muffin tins.
- ☐ Bake for 15 – 20 minutes or until a toothpick inserted into the center of a muffin comes out clean.

Nutrition Facts



Properties

Glycemic Index:46.25, Glycemic Load:4.59, Inflammation Score:-3, Nutrition Score:8.3039130827655%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 200.29kcal (10.01%), Fat: 8.95g (13.76%), Saturated Fat: 0.9g (5.62%), Carbohydrates: 30.32g (10.11%), Net Carbohydrates: 27.52g (10.01%), Sugar: 7.62g (8.47%), Cholesterol: 0mg (0%), Sodium: 125.2mg (5.44%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.67%), Manganese: 1.08mg (54.16%), Vitamin C: 14.83mg (17.97%), Selenium: 11.98µg (17.12%), Fiber: 2.81g (11.22%), Phosphorus: 109.85mg (10.98%), Copper: 0.2mg (9.89%), Magnesium: 38.06mg (9.51%), Iron: 1.55mg (8.61%), Vitamin B1: 0.12mg (8.1%), Vitamin E: 1.21mg (8.09%), Vitamin B6: 0.12mg (5.92%), Calcium: 53.95mg (5.4%), Vitamin B3: 1.02mg (5.12%), Potassium: 178.93mg (5.11%), Zinc: 0.73mg (4.84%), Folate: 15.76µg (3.94%), Vitamin B2: 0.04mg (2.61%), Vitamin B5: 0.16mg (1.59%)