



Wholesome Vegan Oat Bran Muffins



Vegetarian



Vegan



Dairy Free

READY IN



31 min.

SERVINGS



24

CALORIES



136 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



1 cup all purpose flour



1 cup apples grated



1.3 teaspoon double-acting baking powder



2 teaspoons baking soda



1 cup carrots grated



1 teaspoon ground cardamom



1 cup brown sugar light packed (brown)



1 cup oat bran

- ☐ 0.3 cup oil (I used Canola)
- ☐ 1 cup pecans chopped
- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup apple sauce unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water
- ☐ 1 cup zucchini grated

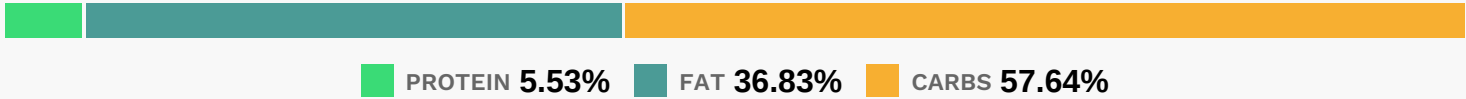
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin tray

Directions

- ☐ Preheat oven to 375F/190C for 15 minutes. Line required muffin tins with paper liners or grease it with a non stick cooking spray. In a large bowl, stir together the dry ingredients and make a well in the center. Similarly combine together the wet ingredients in a separate bowl. Just stir it well with a whisk.
- ☐ Pour the wet mixture of the dry ingredients and stir until just combined. Do not over-mix. Spoon the batter into prepared muffin tins.
- ☐ Bake in the preheated oven for 10 minutes for the mini muffins and around 16 minutes for the regular size muffins. The time mentioned in the original recipe was about 20 minutes, but when I did the toothpick test around 15 minutes I saw that the muffins were almost done, so just left it for one more minute. Leave the pan on the wire rack for just 5 minutes and transfer the muffins directly to the cooling rack. If the muffins are left in the pan for more than 5 minutes the muffins will start to condense.

Nutrition Facts



Properties

Glycemic Index:16.21, Glycemic Load:5.98, Inflammation Score:-6, Nutrition Score:5.4791304443194%

Flavonoids

Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg, Cyanidin: 0.57mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg, Catechin: 0.43mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 135.8kcal (6.79%), Fat: 6.07g (9.34%), Saturated Fat: 0.54g (3.38%), Carbohydrates: 21.38g (7.13%), Net Carbohydrates: 19.42g (7.06%), Sugar: 10.58g (11.76%), Cholesterol: 0mg (0%), Sodium: 169.85mg (7.38%), Alcohol: 0.06g (100%), Alcohol %: 0.14% (100%), Protein: 2.05g (4.1%), Manganese: 0.58mg (28.95%), Vitamin A: 908.15IU (18.16%), Vitamin B1: 0.14mg (9.4%), Fiber: 1.96g (7.83%), Phosphorus: 66.92mg (6.69%), Selenium: 4.36µg (6.23%), Magnesium: 22.4mg (5.6%), Copper: 0.1mg (5.22%), Iron: 0.86mg (4.77%), Folate: 15.87µg (3.97%), Vitamin E: 0.58mg (3.9%), Potassium: 130.72mg (3.73%), Vitamin B2: 0.06mg (3.49%), Calcium: 31.1mg (3.11%), Zinc: 0.45mg (2.97%), Vitamin K: 3.06µg (2.92%), Vitamin B3: 0.54mg (2.69%), Vitamin B6: 0.05mg (2.45%), Vitamin C: 1.76mg (2.13%), Vitamin B5: 0.18mg (1.81%)