



Wildtree Chocolate Avocado Muffins (Vegan)

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



309 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.8 cup vanilla almond milk plain
- ☐ 1 large avocado
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 0.8 cup natural cocoa powder unsweetened
- ☐ 1 cup chocolate chips dark
- ☐ 6.8 ounces flour all-purpose
- ☐ 0.3 cup wildtree natural grapeseed oil your favorite

- ☐ 1 cup maple syrup pure
- ☐ 0.8 teaspoon salt
- ☐ 2 teaspoon vanilla extract

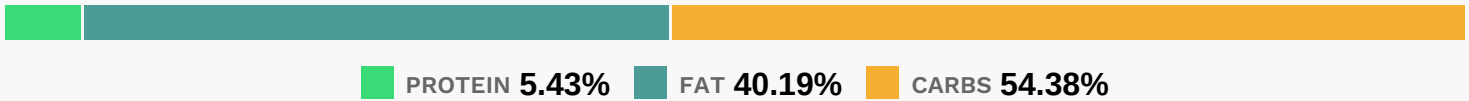
Equipment

- ☐ food processor
- ☐ oven
- ☐ mixing bowl
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350°F. Line a 12 cup muffin tin with paper muffin cups or just grease and dust with cocoa.In a large mixing bowl bowl, stir together flour, cocoa powder, baking powder, baking soda, and salt.Puree avocado in food processor until smooth.
- ☐ Add maple syrup, milk, oil and vanilla, and process until creamy. Stir the avocado mixture into the flour mixture. Stir in the chocolate chips.Divide batter evenly between the muffin cups and bake on center rack for 25 minutes.

Nutrition Facts



Properties

Glycemic Index:24.79, Glycemic Load:15.68, Inflammation Score:-4, Nutrition Score:10.573043437108%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg, Catechin: 3.48mg Epicatechin: 10.62mg, Epicatechin: 10.62mg, Epicatechin: 10.62mg, Epicatechin: 10.62mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 308.8kcal (15.44%), Fat: 14.31g (22.01%), Saturated Fat: 5.75g (35.92%), Carbohydrates: 43.56g (14.52%), Net Carbohydrates: 39.4g (14.33%), Sugar: 21.54g (23.93%), Cholesterol: 0.15mg (0.05%), Sodium: 290.54mg (12.63%), Alcohol: 0.23g (100%), Alcohol %: 0.28% (100%), Caffeine: 12.36mg (4.12%), Protein: 4.35g (8.7%), Manganese: 0.98mg (48.98%), Vitamin B2: 0.48mg (28.37%), Fiber: 4.16g (16.65%), Vitamin E: 2.34mg (15.61%), Copper: 0.29mg (14.34%), Calcium: 124.5mg (12.45%), Folate: 47.84µg (11.96%), Vitamin B1: 0.17mg (11.62%), Magnesium: 46.42mg (11.61%), Iron: 1.85mg (10.26%), Selenium: 7.06µg (10.09%), Potassium: 336.54mg (9.62%), Phosphorus: 91.76mg (9.18%), Zinc: 1.3mg (8.69%), Vitamin B3: 1.54mg (7.69%), Vitamin K: 4.86µg (4.62%), Vitamin B5: 0.43mg (4.29%), Vitamin B6: 0.08mg (3.81%), Vitamin C: 1.75mg (2.12%)