



Year-Round Cinnamon Apricot Muffins



Gluten Free



Dairy Free



Popular

READY IN



30 min.

SERVINGS



6

CALORIES



212 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup apricot preserves organic (I used Fiordifrutta Fruit Spread – see notes above)
- ☐ 1.5 teaspoons double-acting baking powder for high altitude (reduce to 1 teaspoon)
- ☐ 2 tablespoons coconut oil melted
- ☐ 1 large eggs (see note below)
- ☐ 1 cup pastry gluten-free whole wheat all-purpose (see notes below)
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.3 cup honey for this, too! (I used Fiordifrutta brand)
- ☐ 2 tablespoons orange juice

- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract

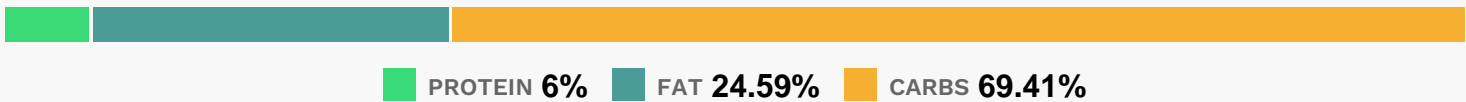
Equipment

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

Directions

- ☐ Preheat your oven to 350°F. If needed, grease 6 muffin cups (not required for silicone) or line them with cupcake liners.In a medium-sized bowl, whisk together the flour(s), baking powder, cinnamon, and salt. Set aside.In a separate bowl, mix the jam, oil, honey, egg, oil, 2 tablespoons milk alternative or orange juice, and vanilla.Gently fold the dry ingredients into the wet, until everything is just combined. If the batter is too thick, add the extra tablespoon of liquid. I prefer the batter a little on the thick side, but it should still be pourable.
- ☐ Bake the muffins for 20 to 25 minutes, or until a toothpick inserted in the center of one comes out clean.
- ☐ Let the muffins cool for a few minutes before removing them to a wire rack to cool completely.
- ☐ Serve topped with more apricot jam!

Nutrition Facts



Properties

Glycemic Index:34.11, Glycemic Load:6.39, Inflammation Score:-1, Nutrition Score:2.6617391339463%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 212.44kcal (10.62%), Fat: 6.24g (9.6%), Saturated Fat: 4.12g (25.78%), Carbohydrates: 39.63g (13.21%), Net Carbohydrates: 37.35g (13.58%), Sugar: 21.04g (23.38%), Cholesterol: 31mg (10.33%), Sodium: 225.73mg (9.81%), Alcohol: 0.11g (100%), Alcohol %: 0.19% (100%), Protein: 3.43g (6.86%), Fiber: 2.28g (9.13%), Calcium: 91.19mg (9.12%), Iron: 1.19mg (6.59%), Selenium: 3.19µg (4.56%), Phosphorus: 39.75mg (3.97%), Vitamin B2: 0.06mg (3.42%), Manganese: 0.07mg (3.32%), Vitamin C: 2.18mg (2.64%), Vitamin B12: 0.13µg (2.14%), Vitamin A: 105.8IU (2.12%), Copper: 0.04mg (1.91%), Vitamin B6: 0.03mg (1.68%), Vitamin E: 0.25mg (1.67%), Vitamin D: 0.23µg (1.51%), Folate: 6.01µg (1.5%), Vitamin B5: 0.14mg (1.42%), Potassium: 42.87mg (1.22%), Zinc: 0.17mg (1.12%)