

Happy 2017 and Hearty Buckwheat Muffins

Yield: 12 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/easter-brunch-recipe-2017>

Ingredients:

- 140 grams all purpose flour I used white rice flour mix
- 70 grams buckwheat flour
- 47 grams oat flour
- 2 teaspoons baking powder
- 1 teaspoon canela
- 1/2 teaspoon ginger powder
- 70 grams raisins
- 85 grams dates seedless, chopped
- 1/2 cup shredded carrot
- 1/2 cup apple shredded
- 1/4 cup maple syrup
- 1/2 cup olive oil
- 1/2 cup butter milk I used whisked homemade yogurt made with 1% milk
- 2 eggs preferably at room temperature
- 3/4 cup walnuts

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 35 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 6 grams
7. SaturatedFat: 2 grams
8. Sodium: 115 milligrams
9. Sugar: 14 grams

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