

Roasted Strawberry Whole Wheat Muffins

Yield: 9 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/wheat-muffins-recipe-indian>

Ingredients:

- 1 pound strawberries optional
- 2 tablespoons seed optional
- 1/2 teaspoon sea salt optional
- 3/4 cup all-purpose flour optional
- 1/2 cup wheat optional
- 1/2 cup canola optional
- 1 teaspoon vanilla optional
- 1/2 cup heavy whipping cream optional
- 1 pound strawberries fresh, hulled
- 1 tablespoon honey
- 2 tablespoons grape seed oil
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon sea salt
- 1 tablespoon port
- 1 cup oat flour
- 3/4 cup all purpose flour unbleached
- 1/2 cup whole wheat flour
- 1/4 cup sugar
- 1/2 cup golden brown sugar
- 2 teaspoons baking powder
- 1 teaspoon sea salt or Kosher Salt
- 2 tablespoons unsalted butter
- 1/2 cup canola or Grape Seed Oil
- 1/2 cup sour cream
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 cup heavy whipping cream

Nutrition:

1. Calories: 660 calories
2. Carbohydrate: 58 grams
3. Cholesterol: 75 milligrams
4. Fat: 45 grams
5. Fiber: 5 grams
6. Protein: 8 grams
7. SaturatedFat: 12 grams
8. Sodium: 680 milligrams
9. Sugar: 21 grams

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