

# Vegan Blueberry Muffins

12 SERVINGS 30 MINUTES



## INGREDIENTS

2 cups All Purpose Gluten-Free Flour  
2 tsps Baking Powder  
3/4 cup Coconut Sugar  
1 cup Oat Milk (unsweetened)  
1/3 cup Unsweetened Applesauce  
1 tsp Vanilla Extract  
1 1/2 cups Blueberries (fresh or frozen, divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	148	Cholesterol	0mg
Fat	0g	Sodium	90mg
Carbs	35g	Vitamin A	12IU
Fiber	5g	Vitamin C	2mg
Sugar	12g	Calcium	76mg
Protein	2g	Iron	0mg

## DIRECTIONS

- 01 Preheat the oven to 350°F (175°C). Line a muffin pan with muffin liners.
- 02 In a large mixing bowl, combine the flour and baking powder.
- 03 In a separate bowl, whisk together the sugar, oat milk, applesauce, and vanilla extract. Add to the dry ingredients and mix well until combined. Gently fold in most of the blueberries, saving some for garnish.
- 04 Scoop the batter into the muffin liners, and top with the remaining blueberries.
- 05 Bake for 20 to 25 minutes, or until a toothpick comes out clean. Let cool before serving and enjoy!

## NOTES

### LEFTOVERS

Store at room temperature in an airtight container for up to three days. Refrigerate in an airtight container for up to one week, or freeze if longer.

### SERVING SIZE

One serving is equal to one muffin.

### MORE FLAVOR

Replace some of the milk with orange juice or lemon juice.

### NO APPLESAUCE

Use dairy or vegan butter, coconut oil or olive oil instead.

### NO BLUEBERRIES

Use nuts, dark chocolate chips, raisins, or any fresh or frozen fruit of your choice.

### NO ALL PURPOSE GLUTEN-FREE FLOUR

Use spelt, whole wheat or all purpose white flour.

### FLOUR

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that if using another brand of flour, results may vary.

