

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	Carbs	35g
Fat	0g	Protein	2g

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!