

Healthy Blueberry Muffins

Prep: 5 mins

Cook: 15 mins



Serves: 12



Ingredients:

Dry Ingredients

- 2 cups oat flour (or ground up oats)
- 2 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. cinnamon (optional)
- 1 cup blueberries (frozen or fresh)

Wet Ingredients

- 1/3 cup applesauce (Sub: olive oil or more Greek yogurt)
- 2/3 cup Greek yogurt (Sub: More Applesauce, or vegan yogurt)
- 1/3 - 2/3 cup honey or pure maple syrup (Add more for sweeter muffins)
- 2 Eggs (Sub: Vegan Flax Eggs)

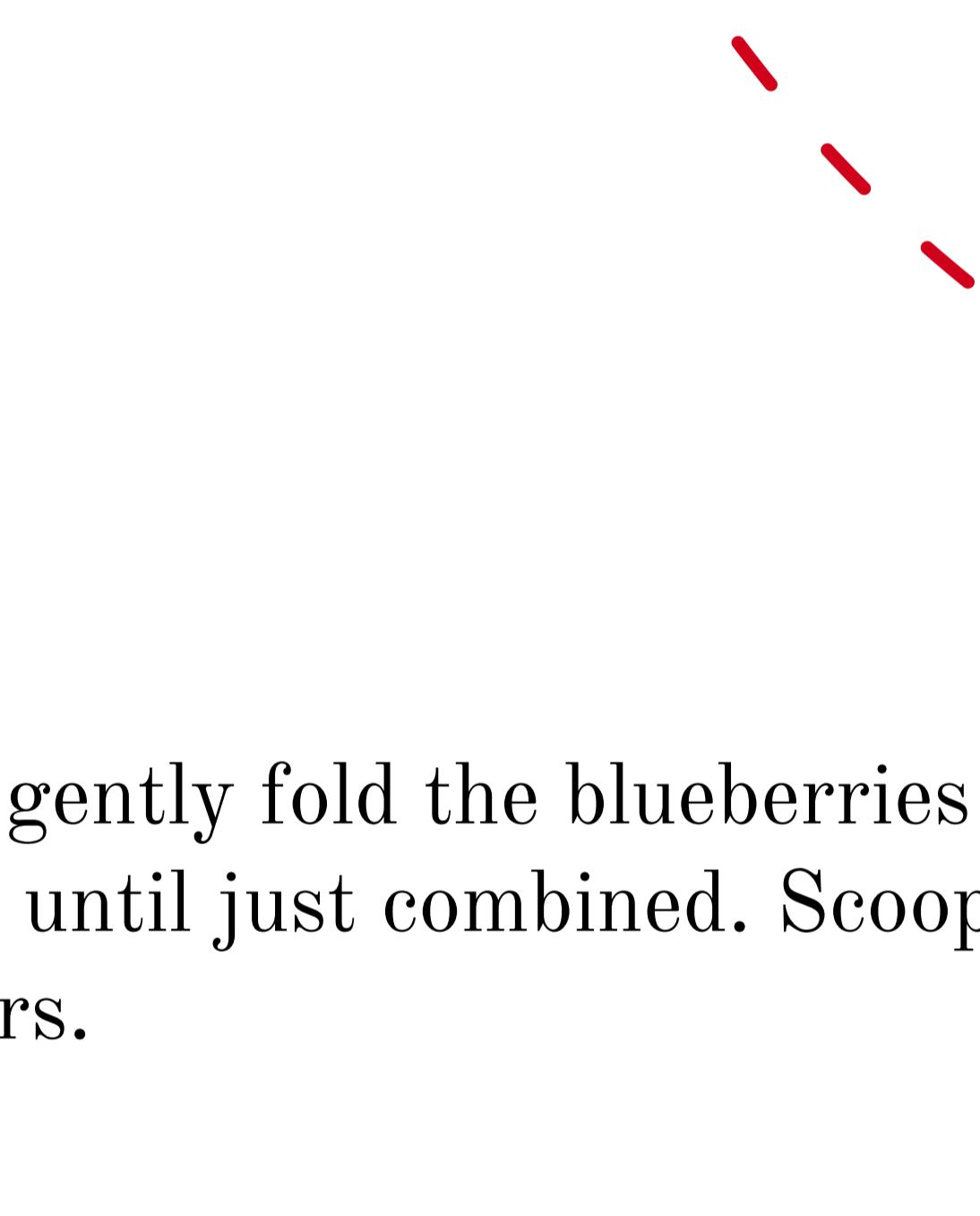


Follow these 4 easy steps:



1

1. Preheat oven to 400 and line/grease a 12-muffin tin.



2

2. In a large bowl, combine all the wet ingredients. Then, fold in the dry ingredients, except the blueberries.

3



3. Lastly, gently fold the blueberries into the muffin mix until just combined. Scoop into muffin liners.



4

4. Bake for 15 – 17 minutes. Let cool and enjoy your healthy blueberry muffins! Store in fridge for 4 – 5 days, or freezer for up to a month.

And voila! It's done!