Eggless Blueberry Muffins

A great breakfast or snack for vegans, individuals with allergies, and those trying to incorporate more fruit in their diet.

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
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</thead>
<tbody>
<tr>
<td>1 cup</td>
<td>Whole Wheat Flour</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>All Purpose Flour</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Brown Sugar</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>Salt, Kosher</td>
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<tr>
<td>2 tsp</td>
<td>Baking Powder</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Vegetable Oil</td>
</tr>
<tr>
<td>1/2 each</td>
<td>Banana, overripe, mashed</td>
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<tr>
<td>1/2 cup</td>
<td>Almond Milk</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Applesauce, unsweetened</td>
</tr>
<tr>
<td>1 cups</td>
<td>Blueberries, fresh or frozen</td>
</tr>
</tbody>
</table>

**Preparation:**
1. Gather all ingredients and equipment.
2. Preheat oven to 325°F (160°C) and line or grease a muffin tin.
3. Whisk together the flour, sugar, salt, and baking powder in a large bowl.
4. Whisk vegetable oil, banana, milk, and applesauce together in a separate bowl until smooth.
5. Lightly stir in the blueberries to dry ingredients.
6. Add liquid ingredients to the dry mixture and lightly fold together for 6 turns. **Do not overmix!** It
7. Evenly spoon in batter into 9 prepared muffin cups, filling them about 1/2 full.
8. Bake muffins in the preheated oven until they rise and the tops are golden brown, about 18 minutes. A toothpick inserted into the center of a muffin should come out clean.

**Nutrition Facts on Reverse**
**Nutrition Facts**

9 Servings  
**Serving size** 1 muffin  

**Amount per serving**  
**Calories** 170  
Calories from Fat 60  

**Total Fat** 7 g  
- Saturated Fat 0 g  
- Trans Fat 0 g  
- Monounsaturated Fat 4 g  
**Cholesterol** 0 mg  
**Sodium** 170 mg  
**Total Carbohydrate** 26 g  
- Dietary Fiber 2 g  
- Total Sugars 10 g  
  - Includes 6 g Added Sugars  
**Protein** 3 g  
**Vitamin D** 0 %  
**Calcium** 6 %  
**Iron** 4 %  
**Potassium** 120 mg  
**Phosphorus** 34 mg