



Eggless Blueberry Muffins

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

U.S.		Metric
1 cup	Whole Wheat Flour	113 g
1/2 cup	All Purpose Flour	57 g
1/4 cup	Brown Sugar	49 g
1/4 tsp	Salt, Kosher	1.5 g
2 tsp	Baking Powder	8 g
1/4 cup	Vegetable Oil	59 mL
1/2 each	Banana, overripe, mashed	1/2 each
1/2 cup	Almond Milk	118 mL
1/2 cup	Applesauce, unsweetened	122 g
1 cups	Blueberries, fresh or frozen	148 g

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

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