

Blueberry Muffins

Gluten-free muffins that are high in protein and low in sugar. Sweetened by natural ingredients.

Ingredients:

Dry Ingredients:

- 2 Cup Oat Flour (or ground up oats)
- 2 Tsp baking powder
- ½ tsp salt
- ½ tsp cinnamon (optional)
- 1 Cup Blueberries, fresh or frozen

Wet Ingredients:

- ⅓ C Applesauce (Sub: Neutral oil or more Greek Yogurt)
- ⅔ C Greek Yogurt (Sub: More Applesauce, or vegan yogurt)
- ⅓ - ⅔ C Honey (Add more for sweeter muffins)
- 2 Eggs (Sub: Vegan Flax Eggs)



Notes :

Enjoyed best when shared.

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FOR THE JAM ON TOP

- ½ Cup Blueberries, fresh or frozen

Optional: dash of cinnamon, honey

Procedure:

1. Preheat oven to 400 and line/grease a 12-muffin tin.
2. In a large bowl, combine all the wet ingredients. Then, fold in the dry ingredients, except the blueberries.
3. Meanwhile, make your jam topping: In the microwave: microwave the blueberries in a bowl for ~30 seconds. Add a dash of cinnamon and salt. Gently bash with the back of your fork. -Or- On the stove: Warm the blueberries over low-medium heat for ~10 minutes until berries start to melt and blister. Add a dash of honey (~1tsp) and some cinnamon and bring off the heat to cool. -Or- Use your favorite storebought blueberry jam.
4. Lastly, gently fold the blueberries into the muffin mix until just combined. Scoop into muffin liners. Top each muffin with a spoonful of the jam. Use your fork to spread it in a swirl, if you want.
5. 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.

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