

Blueberry Muffins

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Yield: 30 Muffins

Ingredients	Quantity	Measure
All-purpose flour	20.25	ounces
Baking powder	0.9	ounces
Salt	0.6	ounces
Blueberries, frozen	3	cups
Sugar	12	ounces
Non-dairy milk, preferably soymilk	2 ¼	cups
Vegetable oil	6	ounces
Vanilla extract	1/2	tablespoon

Preparation

1. Preheat oven to 350 degrees.
2. Blend 16.25 ounces. flour, baking powder, and salt. Set aside until step 5.
3. Toss blueberries with the remaining 4 ounces flour. Set aside until step 4.
4. Combine sugar, non-dairy milk, vegetable oil, and vanilla. Stir well.
5. Add blueberries to the sugar mixture and mix, being careful not to crush the berries.
6. Add blueberry mixture to the flour mixture.
7. Stir together until the dry ingredients become wet. Do not overmix.
8. Spray muffin tins with pan spray. Fill each cup ¾ of the way full with muffin batter.
9. Bake for 15-20 minutes or until an inserted toothpick comes out dry.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 183 Total Fat: 1g Saturated Fat: 0.5g Monounsaturated Fat: 3.7g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 29g Fiber: 1g Total Sugar: 14g Protein: 3g Sodium: 297mg Vitamin A: 0µg Vitamin C: 1.4mg Calcium: 71mg Iron: 0.5mg Folate: 9µg