



Gluten Free

BLUEBERRY VANILLA MUFFINS

by: Cheryl Munn Makes 12 muffins

Moist, tender and bursting with juicy blueberries. These gluten free muffins are naturally sweetened and perfect for breakfast or a healthy snack!

GLUTEN FREE
& DELICIOUS
REAL INGREDIENTS
GREAT TASTE



MAKES
12 MUFFINS



PREP TIME
10 MIN



COOK TIME
17 MIN



OVEN TEMP
425°F / 220°C

INGREDIENTS

- 2 cups GF oat flour 226 g
- 1/3 cup + 1 Tbsp sorghum flour 47 g
- 2 1/2 tsp baking powder
- 3/4 tsp Himalayan sea salt
- 3/4 cup coconut sugar or monkfruit
- 1/2 cup + 1 Tbsp light coconut milk or almond milk
- 1/3 cup unsweetened applesauce
- 1/4 cup melted vegan butter or melted coconut oil
- 1 Tbsp vanilla extract
- 1 1/2 cups fresh blueberries (wild + cultivated)

Note:

For best results, do not overmix the batter. Gently fold in the blueberries to keep them whole and juicy!



STEP-BY-STEP

-  Preheat oven to 425°F (220°C). Line a 12-cup muffin pan with silicone or paper liners. Set aside.
-  In a large bowl, mix together the oat flour, sorghum flour, baking powder, sea salt and coconut sugar.
-  In another bowl, whisk together the milk, applesauce, melted butter (or oil) and vanilla extract.
-  Add wet ingredients to dry ingredients and mix until just combined. Do not overmix.
-  Gently fold in the blueberries.
-  Divide batter evenly between muffin cups. Bake at 425°F (220°C) for 5 minutes, then reduce oven to 400°F (200°C) and bake 12 minutes more. Cool before removing.

NUTRITION FACTS

Per muffin (approx.)

Calories	180
Protein	4 g
Fat	7 g
Saturated Fat	2 g
Carbohydrates	27 g
Fiber	2 g
Sugars	9 g
Sodium	95 mg

*Nutrition will vary slightly if toppings are added.

CHEF'S TIP



Use a mix of wild and cultivated blueberries for the best flavour and beautiful colour.

SERVING SUGGESTION

Enjoy warm with a spread of almond butter or a dollop of Greek yogurt and fresh fruit.



REAL INGREDIENTS
REAL FLAVOUR



MADE WITH LOVE
MADE TO ENJOY



SIMPLE RECIPE
BEAUTIFUL RESULTS