

Blueberry Oatmeal Muffins

**gluten free, oil free, vegan optional*

PREP TIME: 10 minutes

COOK TIME: 22 minutes

TOTAL TIME: 32 minutes

SERVING SIZE: 2 muffins

SERVES: 9

INGREDIENTS

2 cups +2 tablespoons gluten-free oat flour
2 cups super fine blanched almond flour, packed
1 1/2 tsp baking soda
1/2 tsp salt
4 flax eggs (see notes; or 4 pasture-raised eggs, slightly beaten)
1/2 cup pure maple syrup
2 tsp pure vanilla extract
1 cup unsweetened almond milk (or other milk of choice)
2 tbsp unsweetened apple sauce
2 tsp apple cider vinegar
2 cups fresh blueberries

INSTRUCTIONS

1. Preheat oven to 350 degree Fahrenheit.
2. Line 18 muffin cups with liners and spray the inside of the liners with nonstick cooking spray.
3. In a medium bowl, whisk together 2 cups oat flour (reserving the 2 tbsp for later), almond flour, baking soda and salt.
4. In a separate large bowl, mix together the flax eggs, maple syrup, vanilla, almond milk, apple sauce and apple cider vinegar until smooth and well combined.
5. Add dry ingredients to wet ingredients and stir until just combined.
6. In a small bowl, toss blueberries and oat flour together.
7. Gently fold blueberries into the batter.
8. Divide batter evenly between the 18 muffin cups (about 1/4 cup of batter per muffin).
9. Place in preheated oven and bake for 20-25 minutes or until toothpick inserted comes out clean.
10. Transfer pans to a wire rack to cool for 10 minutes, then remove muffins from pan and place directly on wire rack to finish cooling completely.

NOTES

- Store in the refrigerator, in an airtight container lined with a paper towel, for up to 5 days.
- For each (1) flax egg, mix together 1 tbsp flaxseed meal (ground flaxseed) with 2 tbsp water, and let sit for 5 minutes to gel.
- Using flax “eggs” instead of regular will also boost the fiber in this recipe.
- You can use any type of milk in this recipe, but unsweetened almond milk is lowest in calories.

