

# Blueberry Muffins

VEGAN + NUT FREE + SOY FREE



## Ingredients:

- 2 cups whole wheat flour
- 4 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup brown sugar
- 1/2 cup turbinado sugar
- 1 teaspoon vanilla
- 1 cup hemp milk
- 3 tablespoons applesauce
- 1 cup fresh, ripe blueberries

## Instructions:

Preheat oven to 350 degrees.  
In a large bowl, whisk together flour, baking powder, salt, and sugars.  
Add milk and vanilla, stirring after each to combine. Add applesauce to mixture and combine completely. Finally, using a wooden spoon, gently fold in blueberries.

Do not over-mix! You want your blueberries to stay intact and your batter to stay fluffy. Spoon batter into 12 lined or greased muffin tins, filling about 3/4 of the way full. Bake for 20-25 minutes. Enjoy!