

Vegan Blueberry Flax Muffins

<https://kbaked.com/2015/03/05/vegan-blueberry-flax-breakfast-muffins/>

Prep time: :15
Cook time: 25-35 min
Yield: 24

Serving size: 1
Calories per serving: 62



Ingredients:

- 1 cup plain or vanilla flavored soy milk or almond milk
- 1 teaspoon apple cider vinegar
- 2 cups oat flour
- 1/4 cup flax seed meal or ground chia seeds
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract or 2 t vanilla powder
- 1/4 cup canola oil or coconut oil
- 1/2 cup unsweetened applesauce or 1/2 mashed banana
- 1/2 cup turbinado sugar or maple syrup or honey
- 1-1/2 cup fresh or frozen blueberries

Directions:

1. Make 2 cups rolled oats by processing in a food processor or blender until fine powder forms.
2. Preheat oven to 375°F.
3. In a cup or bowl, combine milk and vinegar and allow to curdle, at least 10 minutes.
4. In a large bowl, combine flour, flax seed, baking powder, salt, and cinnamon. Mix together well.
5. Add vanilla extract or powder, apple sauce, oil, sugar, and soy milk mixture to bowl with flour. Mix gently until just combined.
6. Fold in blueberries.
7. Grease or line a 12-tin muffin tray. Fill each spot about 3/4ths of the way full with muffin batter.
8. Place into the oven for 25-35 minutes until puffed, golden brown, and a toothpick inserted in the center of the muffin comes out clean upon removal. Allow to cool (or don't) and enjoy.
9. Store in an airtight container or ziplock bag for up to 4 days, and/or freeze.