

Vegan Whole Wheat Blueberry Muffins

Prep time - 15 Mins

Cook time - 20 Mins

Yields - 10 muffins

INGREDIENTS:

1/2 C toasted chopped pecans

1/4 cup Ground Flaxseed

1 and 3/4 cups Whole Wheat Pastry Flour

1 and 1/2 teaspoons Baking Soda

1/2 teaspoon Cinnamon

1/4 teaspoon Salt

1 cup Almond Milk (or any non-dairy milk)

1 tablespoon Lemon Juice

1/4 cup unsweetened apple sauce instead

1/2 cup Maple Syrup---I used less

1 teaspoon Vanilla Extract

2 teaspoons Orange Zest

1 and 1/2 cups Blueberries (fresh or frozen)

PROCEDURE:

Preheat oven to 375F/190C for 15 minutes. Line a muffin tin with paper liners and grease it well with non stick cooking spray.

Mix together the milk and lemon juice; set aside.

In a large bowl combine together the ground flax seed, flour, baking soda, cinnamon and salt.

In a medium bowl, whisk together the maple syrup, apple sauce, milk mixture, vanilla extract and orange zest.

Make a well in the dry ingredients and stir in the wet ingredients with a rubber spatula until just moistened. Fold in blueberries.

Scoop the batter into the prepared muffin cups; about 3 tablespoons in each.

Bake the muffins until the tops are golden brown and a toothpick inserted in the center of the muffins comes out clean which is about 15-20 minutes.

Transfer the tin to a cooling rack and leave it there for 5 minutes. Then remove the muffins out of the tin and let it cool completely.