

# UC-VEG

## Umpqua Community Veg Education Group

PO Box 675 | Roseburg, OR 97470 | 541-378-6359 | [UmpquaCommunityVeg@gmail.com](mailto:UmpquaCommunityVeg@gmail.com) | [ucveg.org](http://ucveg.org)

# Vegan Whole Wheat Blueberry 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 applesauce 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)

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