



Blueberry Muffins

Servings 10

Prep 5 min

Cook 25 min

Ingredients

¼ cup Coconut Oil (melted and cooled)

¼ cup Pure Maple Syrup

⅓ cup Unsweetened Apple Sauce

½ cup Unsweetened Coconut or Nut Milk

1 tsp Pure Vanilla Extract

1 cup Organic Sprouted Brown Rice Flour

½ cup Almond Flour (blanched)

1/8 tsp Sea Salt

2 tsps Baking Powder

1 ⅓ cups Blueberries (save 1/3 cup for sprinkling on top)

3 Tbsps Chia Seeds

Directions

- 1** Preheat the oven to 375 degrees Fahrenheit and adjust the oven rack to the middle position. Line a cupcake or small muffin tin with 10 parchment liners. Very lightly coat or spray with extra coconut oil and set aside.
- 2** In a large mixing bowl, whisk together all of the wet ingredients until well combined.
- 3** Sift in the dry ingredients except for the chia seeds. Stir softly until everything has been well incorporated, but do not over mix!
- 4** Fold in the blueberries and chia seeds.
- 5** Fill each parchment liner about $\frac{3}{4}$ full. Don't worry too much about it going too high. The muffins won't rise too high. The batter should divide evenly among 10 liners.
- 6** Bake at 375 degrees Fahrenheit for 22-25 minutes, or until a toothpick inserted into the center comes out clean.