

Gluten Free Vegan Lemon Blueberry Muffins

Yield: 12 muffins

Size: 1 muffin

2 cups almond flour
1/2 cup sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1/8 teaspoon ground nutmeg
1/4 cup butter substitute
1 1/4 cups cashew milk
1/4 cup applesauce
1 tablespoon grated lemon rind
1 cup blueberries
12 Muffin Cups
Cooking Spray
1 tablespoon fresh lemon juice
1/2 cup powdered sugar

- Preheat oven to 400°.
- Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (flour through nutmeg) in a medium bowl; cut in butter substitute with a pastry blender or 2 knives until mixture resembles coarse meal.
- Combine cashew milk, applesauce, and rind; stir well with a whisk. Add to flour mixture; stir just until moist. Gently fold in blueberries.
- Spoon batter into 12 muffin cups coated with cooking spray. Bake at 400° for 20 minutes or until the muffins spring back when lightly touched. Remove muffins from pans immediately, and place on a wire rack to cool.
- Combine lemon juice and powdered sugar in a small bowl. Drizzle glaze evenly over cooled muffins.