

Lemon blueberry muffins (vegan)

Ingredients

- 3 cups flour
 - At least 1 cup unbleached all-purpose flour and a combination of up to 1 1/2 cups oat, spelt, or whole wheat flours and up to 1/2 cup chickpea, hemp, or buckwheat flours
- 2 tsp baking powder
- 3/4 tsp ground nutmeg
- 1/2 tsp ground ginger
- 1/2 tsp baking soda
- 1/4 tsp salt

- 1/2 cup sugar
 - white, brown, or unrefined are all good
- 3/4 cup unsweetened almond milk
 - plain or vanilla; other non-dairy milks are okay
- 1/4 cup unsweetened applesauce
- 1/4 cup maple syrup
- 3 tbsp canola oil
- 2 tbsp lemon juice, freshly squeezed is best
- 1 1/2 tsp vanilla extract

- 1 tsp lemon zest
- 1 cup blueberries

Method

- Preheat oven to 375°F (190°C) and prepare a 12 cup muffin tin
 - Prepare muffin tin by lining with paper wrappers, inserting silicon muffin cups, or greasing with vegetable oil
- Sift together flour, baking powder, baking soda, spices, and salt
- In another bowl, combine sugar, almond milk, applesauce, maple syrup, oil, lemon juice, and vanilla
- Stir wet ingredients into dry ingredients until just mixed; gently stir in lemon zest and blueberries
- Spoon batter into muffin tins and bake for 23-28 minutes; muffins are done when a toothpick inserted into the centre comes out clean
- Cool on wire racks