

Blueberry Muffins (makes 12)



1 $\frac{3}{4}$ Cup white whole wheat flour (you could also use regular whole wheat flour or a mixture)- plus 1 teaspoon separate.

1 t baking powder

$\frac{1}{2}$ t baking soda

$\frac{1}{2}$ t salt

$\frac{1}{2}$ t cinnamon

$\frac{1}{3}$ cup melted coconut oil.

$\frac{1}{3}$ cup agave – I reduced from other recipes, add $\frac{1}{2}$ cup if you like things sweeter (you could also use honey or maple syrup)

2 eggs-room temperature

$\frac{2}{3}$ cup nondairy milk with 2 teaspoons of cider vinegar added-let sit for 5 minutes-if you are not dairy free, you can use 1 cup of Greek yogurt.

2 t vanilla extract

1 cup blueberries (or a combination of berries) – you can use up to 1 $\frac{1}{2}$ cups.

1. Preheat oven to 400 degrees F; prepare your muffin tins with oil or spray or liners if necessary.
2. Large bowl mix using a whisk flour (except the 1 teaspoon), baking powder, baking soda, salt and cinnamon.

3. Medium bowl mix the oil, sweetener and beat together with whisk. Add eggs, beat well then the milk (or yogurt) and vanilla. Mix well. If the coconut milk starts to solidify you can warm in the microwave in very short bursts of 15-30 seconds.
4. Pour the wet ingredients into dry and mix with a big spoon until just combined. In small bowl toss the blueberries in a teaspoon of flour and fold into the batter.
5. Divide the batter into the 12 cups. Bake for 16-19 minutes until pick comes out clean.
6. Place on cooling rack to cool. These freeze well.

Recipe adapted from www.cookieandkate.com