

BLUEBERRY WALNUT MUFFINS – V, GF, DF

Makes 12 regular size muffins

Ingredients

1.5 C GF flour
1/3 C coconut sugar
2 tsp baking powder
1/2 tsp salt
1/4 C unsweetened applesauce
1 mashed banana
1/3 C melted coconut oil
1/2 C unsweetened almond milk
1 C frozen blueberries
1/2 C roughly chopped walnuts



Directions

1. Preheat the oven to 400 and grease muffin tins or use muffin liners.
2. In a bowl, combine dry ingredients then add in applesauce, banana, milk and coconut oil. Fold in berries and nuts.
3. Divide evenly between 12 muffin tins – full each muffin cup about 3/4 of the way. Bake for 18–22 minutes or until cooked through and starting to brown on top. Keeps well for 2–3 days