



Blueberry Muffins

PREP TIME: 5 MINUTES COOK TIME: 30 MINUTES YIELDS: 12

Ingredients

- 2 cups flour
- 2 ½ teaspoons baking powder
- ½ cup sugar
- 1 cup almond milk or oat milk
- ⅓ cup applesauce
- 1 teaspoon orange zest
- 1 teaspoon vanilla extract
- 2 cups Cascadian Farm Organic Blueberries, thawed
- Pinch of salt

Directions:

1. Preheat the oven to 350 degrees F and line or grease muffin tin.
2. Mix wet ingredients in a bowl (or to save on a bowl, use a 2-cup measuring cup to mix these ingredients)
3. Mix dry ingredients separately.
4. Combine wet and dry: Pour the wet mixture into the dry mixture and mix until just combined. Do not overmix! Add blueberries by gently folding them in.
5. Spoon into muffin tins, filling each cup about $\frac{3}{4}$ full. Place in the oven (on center rack) and bake for 30 minutes.
6. Let cool for a few minutes and enjoy!