

# BLUEBERRY MUFFINS

DELICIOUS AND FORGIVING

## NOTES

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- *I use the apple sauce in place of oil. Feel free to add some oil in place of some of the apple sauce*
- *The milk can be switched out with non-dairy as well*



## INGREDIENTS

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- 1 1/2 Cups (195 grams) Flour
- 3/4 Cup (150 grams) Granulated Sugar (Optional: Extra Sugar for sprinkling on top of muffins)
- 1/4 Tsp Salt
- 2 Tsp Baking Powder
- 1/3 Cup (80 ml) Unsweetened Apple Sauce
- 1 Large Egg
- 1/2 Cup (125 ml) Milk
- 1 1/2 Tsp Vanilla Extract
- 1 Cup of Frozen Blueberries

## DIRECTIONS

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1. Preheat oven to 400 °F
2. Combine flour, sugar, salt, and baking powder
3. In another bowl combine apple sauce, egg, milk, and vanilla extract
4. Combine the wet and dry ingredients until just combined. It will be very thick
5. Add blueberries to the batter
6. Cook for 20 minutes or until an inserted tooth pick comes out clean
7. Let cool slightly in pan before removing
8. Remove and let cool on a cooling wrack