

# Blueberry Muffins

(GF & Vegan)



## Ingredients

3 cups oat flour (ground oats)  
1 cup sugar  
4 tsp baking powder  
¼ tsp salt  
1 Tbsp cinnamon  
½ cup unsweetened applesauce  
1 ½ cups nondairy milk  
1 ½ cups blueberries

## Utensils

Measuring cups and spoons  
Muffin Tin  
Nonstick cooking spray **or**  
Muffin liners  
Mixing bowls  
Whisk  
Spatula  
Scoop



# Recipe Instructions

## Step 1: Preheat & Prep

Preheat oven to 400°

Line muffin tin with liners or spray the tin with nonstick cooking spray. Set aside.

## Step 2: Dry Ingredients

Add all dry ingredients to a mixing bowl and whisk to combine.

## Step 3: Wet Ingredients

Add wet ingredients to the bowl, minus blueberries.  
Stir with spatula to combine.

## Step 4: Portion

Wash blueberries and fold into batter.

Use scoop and evenly distribute batter in the muffin tin.

## Step 5: Bake

Bake at 400° for about 25 minutes.

Remove from oven and let cool.

## Step 6: Bake & Enjoy!

Once completely cooled, enjoy!!

Muffins can be stored in an airtight container for 3-5 days.



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## Kitchen Safety Tips:

Always use an oven mitt!