

# LOADED BERRY LEMON MUFFINS



#VEGAN #REFINEDSUGARFREE #SOYFREE

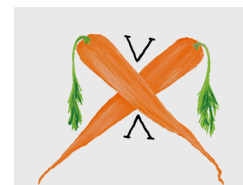
MAKES: 15-17 MUFFINS

PREP TIME: 10-15 MINS

COOK TIME: 20-25 MINS

TOTAL TIME: 30-40 MINS

THE VARIANT VEGGIE



PLANT-BASED  
NUTRITION.

NEVER BLAND.  
ALWAYS VARIANT.

## INGREDIENTS

### WET INGREDIENTS

- 2 TBSP water
- 1 TBSP ground flax seed
- 1 cup unsweetened, plain almond milk
- 1 TBSP lemon juice
- 1 TBSP lemon zest (from ~1/2 lemon)
- 1/4 cup non-dairy yogurt (I used a plain, unsweetened almond-based yogurt)
- 1 ripe, spotty banana, mashed
- 1 tsp pure vanilla extract
- 1/4 cup maple syrup

### DRY INGREDIENTS

- 1/2 cup sprouted spelt flour\*
- 3/4 cup whole wheat pastry flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp fine sea salt
- 1/2 tsp ground cinnamon
- 1/2 cup rolled oats
- 1/2 cup coconut sugar
- 1/4 cup raw walnuts, chopped (optional)
- 1 1/2 cups fresh or frozen berries (I used a combo of blueberries and raspberries)

## METHOD

Pre-heat your oven to 350 degrees F. Prepare 2 muffin tins\*\* with parchment liners.

In a large bowl, mix ground flax seeds together with water. Allow to sit for 5 minutes to thicken.

Add lemon juice to measuring cup containing almond milk. Allow 5 minutes to curdle milk and create a 'buttermilk' like flavor.

Once the flax mixture has thickened, add remaining wet ingredients to the bowl: lemon zest, non-dairy yogurt, mashed banana, vanilla, maple syrup, and almond milk.

Next, prepare to add dry ingredients individually to the bowl (I recommend using a sift or fine mesh strainer!). Add the flours 1/2 cup at a time, stirring after each addition. Sift in the baking powder, baking soda, salt, cinnamon. Add in the coconut sugar and rolled oats (no need to sift). Be sure to stir until just combined. Lastly, fold in the berries and walnuts (if using).

Using an ice-cream scoop or large spoon, fill muffin tins 3/4 full. This will make around 15-17 muffins. Feel free to sprinkle the tops lightly with rolled oats.

Bake in 350 degree oven for 20-25 minutes, or until a toothpick can be cleanly inserted in a center muffin. I found mine needed around 22-23 minutes.

Allow to cool for 10 minute before removing from pan. Cool completely before removing wrappers to eat!

Store at room temperature in a sealed container for 3-4 days. Store in the freezer for up to 2 months!

## NOTES:

\*If you don't have spelt flour on hand, you can find it at most health food stores or sections. You can also sub an additional 1/2 cup whole wheat pastry flour for this recipe.

\*\*If you only have 1 muffin tin, you can re-use your first tin after it cools, no problem!

## NUTRITION:

Serving Size: 1 muffin Total Calories: 121 Total Fat: 3 g

Sodium: 61 mg Potassium: 155 mg Total Carbohydrate: 22 g

Fiber: 2 g Sugar: 12 g Protein: 2 g