

Blueberry Muffins

Moist, loaded with blueberries, and so easy to make from scratch, this healthy vegan muffins recipe requires only 7 ingredients and is made in 1 bowl!

Author: Julie: The Simple Veganista

Prep Time 5 mins Cook Time 30 mins Total Time 35 mins



Ingredients

- 1 cups flour
- 1 ¼ teaspoons baking powder
- ⅛ teaspoon mineral salt
- 6 tablespoons sugar
- ½ cup unsweetened almond milk*
- 2 tablespoons olive oil
- 1/2 teaspoon vanilla extract
- 1 cup blueberries

Instructions

1. Preheat oven to 350 degrees F.
2. Mix wet ingredients: In a 2 cup measuring cup, add the milk, sugar, oil, and vanilla, stir to combine a few times to help soften the large grains of sugar.
3. Mix dry ingredients: In a large mixing bowl, mix together the flour, baking powder and salt.
4. Combine wet & dry: Pour the wet mixture into the dry mixture and mix until just combined. Don't overmix, overmixing the batter tends to make the muffins less tender.
5. Add blueberries: Toss in the fresh or frozen blueberries and gently fold them into the batter.
6. Scoop: Fill each muffin-lined hole with batter. For uniformity, fill muffin tin using a 1/4 measuring cup or large ice cream scooper to scoop up the batter and pour into the muffin holes.
7. Topping: Optionally, add a few strategic blueberries on top and sprinkle the top with a little pure cane sugar or raw sugar. The sugar will add a nice crunch to the tops!
8. Bake: Place in the oven and bake for 30 minutes. Let cool a few minutes and enjoy warm or at room temperature.