

# Blueberry Lemon Muffins

These vegan and gluten free muffins are easy to make and great for a quick bite or to take while hiking or on the go.

Prep:  
**15 minutes**

Cook:  
**15 minutes**

Ready In:  
**30 minutes**

Servings:  
**6 muffins**



## Ingredients

- 2 cups oat flour
- 1/2 cup unsweetened plant milk
- 1/4 cup maple syrup
- 2 tbsp monk fruit sweetener (or 4-6 tbsp coconut sugar)
- 1/4 tsp salt
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp lemon extract
- 2 tbsp ground flaxseed
- 1 cup blueberries (fresh or frozen)

I use monk fruit sweetener in these which you can replace with sugar if you like. They are also good with just the maple syrup if you don't like foods that are really sweet.

## Instructions

- 1** Preheat oven to 350 degrees. In a large bowl combine your oat flour, baking powder, baking soda, salt, monk fruit (or sugar) and flax seed and mix to combine.
- 2** Next add in your plant milk (I use the west soy brand) maple syrup and lemon extract and mix well again. The mixture will be pretty thick which is what we want so it takes a bit of an arm workout sometimes. If its so thick you can't mix it add in 1-2 more tbsp plant milk. It should be almost like a cookie dough consistency.
- 3** Lastly add in your blueberries. You want to just fold them into the batter so that they don't get smushed and turn everything blue.
- 4** Use baking cups or a nonstick pan and place the mixture into 6 muffin molds. Bake for 15 minutes and check with a toothpick. If the toothpick doesn't come out clear bake another 2-3 minutes and check again. Once they are done allow them to cool before serving. Enjoy!