

BlueMerry Muffins (Veganlicious)

Submitted by: **Carina Parks** / Executive Assistant

Yield: 12 muffins

- Ingredients**
- 1 ½ cups flour
 - ½ cup sugar (*mix of white & brown*)
 - ½ tsp salt
 - 2 tsp baking powder
 - ½ cup apple sauce
 - ¼ cup coconut oil (*any neutral oil*)
 - 1 large mashed banana
 - ½ cup non-dairy milk
 - 1 cup fresh or frozen blueberries

- Instructions**
- 1 Preheat the oven to 400°F.
 - 2 Line muffin tins.
 - 3 Combine all dry ingredients.
 - 4 Combine all wet ingredients in a separate bowl.
 - 5 Pour wet mixture over dry and mix together.
 - 6 Fold in blueberries.
 - 7 Divide batter into muffin cups.
 - 8 Bake for 20 minutes.

Source: [Simple Veganista](#), with modifications

Pies, and Cookies,
and Treats... Oh My!

