

## Caroline's Gluten, Dairy and Refined Sugar Free Muffins

### Fruit:

1 cup Blueberries or mixed berries, fresh or frozen.

Note: Can also add a mashed banana

### Wet Ingredients:

1/2 cup Almond milk, unsweetened

2 Eggs

1/3 cup Maple syrup, pure

1 tsp Vanilla extract

1 tsp Apple cider vinegar

1 tbsp Olive oil

### Dry Ingredients:

1 cup Almond meal

1 cup Oat flour

3/4 tsp Baking powder/soda

1/4 tsp Salt

Note: 2tbsp extra oat flour, only if using fresh blueberries

### Instructions

#### Step 1.

Preheat oven to 180 degrees C. Line the muffin cups with liners and spray the inside of the liners with nonstick cooking spray (this is important so that they do not stick!).

#### Step 2.

In a large bowl, whisk together the oat flour, almond flour, salt and baking soda.

#### Step 3.

In a separate large bowl, mix together eggs, maple syrup, vanilla, almond milk, olive oil and apple cider vinegar until smooth and well combined.

#### Step 4.

Add dry ingredients to wet ingredients and stir until just combined.

#### Step 5.

Add frozen berries and banana (if using), then gently fold into the batter.

If using fresh Blueberries In a small bowl add fresh blueberries and oat flour together, then gently fold them into the batter.

#### Step 6. Divide batter evenly between muffin cups, filling 3/4 of the way full.

Bake for 18-25 minutes or until toothpick inserted come out clean.

Step 7. Transfer pan to a wire rack to cool for 10 minutes then remove muffins and allow to cool completely on a wire rack.

### Recipe Notes:

91 Calories per muffin Berries only

100 Calories per muffin with added banana

Makes 12 muffins or can be made in a small cake or loaf tin

**Vegan:** Replace eggs with flax egg., mix together 2 tbsp flaxseed meal + 6tbsp water in a bowl until smooth. Allow to sit for 5 min before using in the recipe.

### **Sugar Content per Muffin:**

Mixed Berry 5.5 grams

Banana 6.6 grams

**Note:** 1tsp sugar equals 4grams