

www.fareisle.com

Vegan Wild Blueberry & Huckleberry Muffins

makes 12 muffins

ingredients

2 cups white whole wheat flour (or whole wheat pastry flour or all purpose flour)
1/2 cup unrefined sugar (such as rapadura or coconut palm sugar)
1-1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon kosher salt or sea salt
2/3 cup unsweetened non-dairy milk
1/2 cup unsweetened plain non-dairy yogurt (tutorial for homemade linked below)
1/2 cup extra virgin olive oil or oil of choice
1/3 cup maple syrup or liquid sweetener of choice
1 teaspoon vanilla extract
zest of 1 lemon, finely grated (optional)
1 cup wild blueberries and/or huckleberries (or any berries!)

method

Preheat oven to 350°F. Grease a muffin tin with vegan shortening or butter, or line with paper baking cups.

Whisk together flour, sugar, salt and baking powder in a bowl.

Whisk together milk, yogurt, maple, oil, lemon zest and vanilla together in a large liquid measuring cup or bowl.

Stir wet mixture into dry mixture until just incorporated. Some lumps are ok. Fold in berries, reserving some to sprinkle on top of each muffin.

Spoon batter equally into each muffin cup, so each is about 3/4 full. Top each muffin with sprinkling of the reserved berries.

Bake for 20-25 minutes at 350°F until muffins are golden brown and when a toothpick inserted into the center of a muffin comes out clean.

Allow muffins to cool in the tin for 5 minutes then remove muffins from tin and serve them warm with vegan butter.

Muffins will keep covered at room temperature for a few days or freeze them for longer storage.