



**Classic and Essential Nutrition**  
A Corporate Nutrition & Healthy Lifestyles Consultancy



## Vegan Blueberry Coconut Muffins (12 servings)

### Ingredients

1 flax egg (1 Tbsp of flaxseed meal + 3 Tbsps water)	1 cup rolled oats
1½ cups almond milk	1/2 cup erythritol (organic sweetener)
1 tsp vanilla	1/4 cup coconut brown sugar
1/2 cup apple sauce	1/2 tsp salt
1/4 cup coconut oil	3 tps baking powder (aluminum free)
1 cup coconut flour	1/2 cup coconut flakes
1 cup flour - gluten free	1/2 cup blueberries - fresh or frozen

### Preparation

- Preheat oven to 350 degrees F. Grease and flour muffin tin and set aside.
- To make a flax egg, mix one tablespoon ground flaxseed meal with three tablespoons of water, mix well, and allow to thicken.
- Mix the milk, oil and vanilla with the sugars, and stir to combine and help soften the large grains of sugar.
- In a large bowl, mix together the flours, oats, coconut flakes, baking powder and salt.
- Pour the wet ingredients into the dry mixture and mix just until they are combined. For tender muffins, DO NOT OVERMIX.
- Gently fold in the blueberries into the batter.
- Using a 1/4 measuring cup, scoop batter and fill each muffin tin uniformly. Add a few blueberries on top of the batter.
- Place in the oven and bake for 30 minutes. Once done, remove and allow the muffins to cool a few minutes in the tin before releasing them. Serve warm, or at room temperature. *Enjoy!*