



## Vegan Lemon Poppy Seed Muffins (12 servings)

### Ingredients

2 batches flax eggs*	1/2 cup almond meal*
3/4 cup unsweetened applesauce	1/3 cup coconut sugar
2 heaping Tbsps Meyer lemon zest*	1/2 tsp sea salt
1/3 cup Meyer lemon juice	1½ tsps baking soda
1 tsp lemon extract	1 Tbsp poppy seeds ( <i>Chia seeds can be substituted</i> )
1/4 cup avocado oil	1 cup pastry flour - gluten free
1/4 cup unsweetened almond milk	1/2 cup rolled oats
1/4 cup maple syrup	

### Preparation

- Preheat the oven to 375 degrees and line a standard muffin tin with 12 paper muffin liners.
- Prepare 2 batches of flax 'eggs' (*see instructions below*) and let rest for a few minutes in a large mixing bowl.
- Zest the lemons at this time.
- When the 'eggs' have sat for approximately 5 minutes and thickened, whisk in the applesauce, lemon zest, lemon juice, lemon extract, oil, almond milk, maple syrup, coconut sugar, baking soda, and salt. The mixture will foam up because the lemon juice will react with the baking soda.
- Add the flour, almond meal, and oats into the bowl, stirring with a spoon, or spatula, until just combined. Do not over-mix. If the batter appears to be too thick, add a touch more almond milk. It should be thick and scoopable, but **NOT pourable**.
- Add the poppy seeds and gently stir once more. (*continued*)



- Divide batter evenly between muffin tins. Bake for 22-28 minutes, or until a toothpick inserted into the center comes out clean.
- Let cool for 5 minutes in the pan, then remove from tins and let cool completely on a cooling rack.

***Serving suggestions:***

*Top with a scoop of plain vegan vanilla yogurt and sprinkle with lemon zest.*

***\*Notes:***

***How to Make a Flax 'Egg' (Makes 1 batch)***

- Add 1 Tbsp flaxseed meal (*ground raw flaxseed*) and 2½ Tbsps water to a dish and stir. Allow to rest for 5 minutes to thicken.

***How to Make Almond Meal***

- Add raw almonds (with skin on) to a blender and blitz on the highest setting for 5-10 seconds.
- Stop blender, shake, and hit the sides to see if any clumps have formed, then blend again, until fine and powdery. (*You've gone too far if it starts turning to almond butter, or clumping up on the sides.*)

***Meyer Lemon Substitute***

- If Meyer lemons are unavailable, you can use a combination of mandarin oranges and standard lemons (*equal amounts of each*), to replicate the unique flavor of Meyer lemons.