



BLUEBERRY MUFFINS

RECIPE BY: TEAM WELLBE



VEGETARIAN

DIFFICULTY: EASY

TIME: 22 MINS

YIELDS: 12 MUFFINS

These healthy muffins are moist, fluffy and really, really delicious - making for the perfect holiday dessert or breakfast!

METHOD

Preheat the oven to 200C. Prepare a 12 muffin tray with non-stick solution of choice. In a large mixing bowl, combine flour with the baking powder, baking soda, salt and cinnamon. Mix them together with a whisk. In another mixing bowl, combine the oil and honey and beat together. Add the eggs and beat well, then add the yoghurt and vanilla. Mix well. Pour wet ingredients into dry and mix with a big spoon, until combined. Fold the blueberries into the batter. Pour the batter into the muffin tray. Bake the muffins for 15 to 20 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.

INGREDIENTS

- 1 $\frac{3}{4}$ cups plus 1 teaspoon whole wheat flour
- 1 tsp baking powder
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp fine sea salt
- $\frac{1}{4}$ tsp ground cinnamon
- $\frac{1}{3}$ cup melted coconut oil
- $\frac{1}{2}$ cup honey
- 2 eggs
- 1 cup plain yoghurt
- 2 tsp vanilla extract
- 1 cup blueberries, fresh or frozen