

Blueberry Crumble Muffins

About the Recipe

296 Calories · 1 g Protein · 1 g Fiber

Breakfast

Ingredients

Makes 12 Servings

- 2 cups (250 g) gluten-free 1-to-1 baking flour, divided
- 1 1/4 cups (150 g) organic cane sugar, divided
- 1/4 cup (32 g) cornstarch
- 1 1/2 teaspoons (2 g) cinnamon, divided
- 1/4 cup (59 mL) coconut oil, melted (see below for oil-free option)
- 2 teaspoons (9 g) baking powder
- 1/2 teaspoon (4 g) salt
- 3/4 cup (178 mL) unsweetened oat milk
- 1/2 cup (118 mL) canola oil (see below for oil-free option)
- 1 tablespoon (15 mL) apple cider vinegar
- 2 teaspoons (10 mL) vanilla extract
- 1 1/2 cups (218 g) blueberries

Directions

1. Preheat your oven to 400 F. Line a 12-count muffin tin with liners.
2. In a small bowl combine 1/2 cup flour, 1/2 cup sugar, 1/2 teaspoon cinnamon, and coconut oil. Mix until well combined. Set in the refrigerator to firm up.
3. In a large bowl, whisk together remaining 1 1/2 cups flour, 3/4 cup sugar, and 1 teaspoon cinnamon with baking powder and salt. Add the milk, oil, apple cider vinegar, and vanilla and mix with a spatula until well combined; be sure to scrape the bottom of the bowl to get all the flour. Fold in the blueberries.

4. Divide the batter evenly among the prepared muffin tin. Remove the crumble from the refrigerator and crumble 1-2 tablespoons on each muffin, pushing the crumble into the tops of the muffins so it sinks into the batter.
5. Bake 28-30 minutes until lightly golden on top and a toothpick inserted into the center comes out clean. Let cool in the pan. OIL-FREE: Omit the crumble completely and use 1/2 cup unsweetened applesauce in the wet muffin ingredients instead of oil.

Nutrition Facts

Per Serving:

Calories: 296

Total Fat: 15 g

Saturated Fat: 5 g

% Calories From Fat: 42%

Cholesterol: 0 mg

Protein: 1 g

Carbohydrate: 41 g

Sugar: 23 g

Fiber: 1 g

Sodium: 188 mg

Calcium: 70 mg

Iron: 1 mg

Vitamin C: 2 mg

Beta-Carotene: 7 mcg

Vitamin E: 1 mg