



SUMMER SPICED BLUEBERRY FLAXSEED MUFFINS



Prep Time: 15 minutes

Cook Time: 30 minutes

Directions:

1. Preheat oven to 350 degrees F. Line a 12-cup muffin pan with unbleached paper liners.
2. In a medium-sized mixing bowl whisk together the dry ingredients.
3. In a smaller mixing bowl, whisk together the wet ingredients. Add the wet to the dry and whisk until combined well.
4. Fold in the blueberries.
5. Spoon batter into muffin cups and bake for 25 to 30 minutes.
6. Cool on a wire rack.



Ingredients:

Dry Ingredients:

- 1 ½ cups flaxseed meal – I used Bob Red Mills
- ¾ cup oat flour
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ¼ teaspoon fine sea salt
- 1 teaspoon cinnamon
- 1 ½ teaspoon cardamom
- ½ teaspoon ground nutmeg

Wet Ingredients:

- ½ cup unsweetened applesauce (I simply add two apples and a date to a food processor until smooth)
- ½ cup avocado oil
- ½ cup maple syrup
- 2 large eggs or one (1) ripe banana
- 1 teaspoon vanilla extract
- 1 cup blueberries

It's been a while since I've felt the inspiration to create new recipes, but with the warmth of early summer mornings returning and all the fresh fruit available, the inspiration is retuning. While the house was asleep this morning, I whipped these up and wanted to share!

These Blueberry Flaxseed Muffins are a simple, delightful treat and pair well with a cup of herbal tea for breakfast. They embody the juicy sweetness of fresh blueberries but also offers the nutritional benefits of flaxseeds, known for their rich omega-3 fatty acids and fiber content.

They were absolutely kid-approved in our house!