

Blueberry Bliss Muffins



Ingredients

1 1/2 cups all purpose flour
3/4 cup white sugar
2 tsp baking powder
1/2 tsp salt

3/4 cup oat or almond milk
1/2 cup canola oil
1 tbsp lemon juice
2 tsp vanilla extract
1 cup blueberries

Directions

1. Preheat the oven to 400 F.
2. Whisk together flour, sugar, baking powder, and salt.
3. Whisk together milk, oil, lemon juice, vanilla extract.
4. Combine ingredients and mix, then add blueberries.
5. Fill 8-9 muffin cups to the top with batter and bake 18-22 minutes

OR

5. Fill 12 muffin cups with batter evenly and bake 15-20 minutes.
6. Let cool for at least 10 minutes on cooling rack

Fun Facts

- Blueberries can help reduce the risk of heart disease
- Blueberries can help improve blood vessel function
- Oat and almond milk can help lower cholesterol and reduce inflammation

