

# Blueberry Muffins

## Ingredients

- 1/2 cup almond milk  
1/2 tbsp apple cider vinegar  
2 cups of @trimhealthymama baking blend (you can use any nut based flours as well)  
1 tsp baking powder  
1/2 tsp baking soda  
1 tsp vanilla  
1/2 tsp salt  
1/3 cup coconut oil, melted  
1/3 cup maple syrup  
1 egg  
1 cup frozen blueberries
- Topping  
1 tbsp coconut oil, melted  
1 tbsp date sugar  
2 tbsp rolled oats  
Pinch cinnamon



## Instructions

Preheat oven to 425F. In a small bowl, mix almond milk and apple cider vinegar then set aside. In another bowl, mix together flour, baking powder, baking soda, and salt. In a large bowl, mix together coconut oil and maple syrup. Add in vanilla and egg. Whisk together and then pour in almond milk and vinegar mixture. Add in the dry ingredients and gently combine until all ingredients are combined. Fold in the blueberries and evenly distribute batter into muffin tin. Mixture together ingredients for topping and sprinkle a small amount over each muffin. Bake for 5 minutes at 425F then reduce heat to 375F and bake for 10-12 minutes. Allow muffins to cool then enjoy!