

Vegan Blueberry Muffins.

Shared by Jules from the MND Association Products Team

Servings: 12 muffins

Cook time: 25 minutes

Ingredients

- 290g plain flour
- 150g light brown sugar
- 3 tsp baking powder
- 2 tsp lemon zest
- ½ tsp ground cinnamon
- Generous pinch of salt
- 250ml unsweetened soya milk
- 125ml sunflower oil
- 1 tbsp apple cider vinegar
- 1 tsp vanilla extract
- 260g blueberries

Recipe

1. Preheat oven to 180°C (fan) and line a 12 hole cupcake tray with cases.
2. Add all the dry ingredients to a mixing bowl and mix until well combined.

(Turn over for the rest of the recipe)

3. Add all the wet ingredients to mixing bowl - except the blueberries - and mix until just combined.
4. Add most of the blueberries to the batter, but reserve a handful for the topping. Use a spatula to carefully fold through.
5. Spoon evenly into cases.
6. Bake for around 25 minutes until golden, or until a skewer inserted into the centre comes out clean (minus the blueberry juice!)
7. Cool in tray for 10 minutes before transferring to a cooling rack.