

Blueberry Banana and Chia Muffins by Ashley Madden

This muffin needs no intro! It's one of the most popular recipes in *The Plant-Based Cookbook*. And for good reason! It's an every-day muffin that I always have on hand for breakfasts and snacks. Chia seeds add a special texture and bump up the nutritional profile with omega 3 fats, fiber, vitamins and minerals!

Makes 10 muffins

INGREDIENTS

2 cups oat flour
½ cup blanched almond flour
½ cup gluten free, old-fashioned rolled oats
¼ cup chia seeds
2 teaspoons baking powder
½ teaspoon baking soda
1 teaspoon cinnamon
¼ teaspoon ground nutmeg
¾ teaspoon salt
2 medium, very ripe bananas (~1 cup mashed)
1/3 cup creamy almond butter or preferred nut/seed butter
1/3 cup maple syrup
1 teaspoon pure vanilla extract
½ cup unsweetened almond milk or organic soymilk
1 cup fresh or frozen blueberries

HOW-TO

1. Position the oven rack in the middle of the oven and preheat to 350°F.
2. In a large bowl mix together oat flour, almond flour, rolled oats, chia seeds, baking powder and soda, cinnamon, nutmeg, and salt.
3. In a medium bowl, mash the bananas until there are no more chunks. Add the almond butter and maple syrup and mix until well combined. Now add the almond milk and vanilla and mix again.
4. Add the wet ingredients to the dry and mix until no dry spots remain. Now fold in the blueberries.
5. Scoop out a heaping 1/3 cup of batter into each muffin mould (I use my 3¼ ounce disher). Bake in the oven for 24 to 26 minutes until the muffins are somewhat firm to touch.
6. Remove the muffins from the oven, place on a cooling rack and let them cool in the muffin tin for 15 minutes. If using a non-stick or traditional muffin tin, use a thin spatula to run along the edge of each muffin and pop them out. If using a silicon muffin tin, let the muffins cool until the pan is no longer hot then pull the sides of the tin to release the muffins. Place the muffins on the cooling rack and let them cool completely. Keep these muffins in the fridge for 2 to 4 days.

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