



Prep	Cook	Ready in	Servings
15 min	27 min	42 min	12

## Vegan Mixed Berry Muffins

Delicious allergen friendly muffins! Gluten Free, Dairy Free, and refined sugar free!

### Ingredients

2 cup	Gluten free flour
1 1/2 tsp	Baking soda
1/2 tsp	Salt
3/4 cup	Coconut sugar
1 cup	Soy milk, unsweetened (Or other milk of choice)
1/3 cup	Extra virgin olive oil
1 tsp	Vanilla extract, pure
1 tbsp	Apple cider vinegar
1 1/2 cup	Mixed berries (Fresh or Frozen)

### Instructions

1. Preheat the oven to 400F/200C Lightly grease a muffin tin or line with muffin cups.
2. In a medium bowl, combine together flour, baking soda, and salt.
3. In a large bowl, combine the coconut sugar, milk of choice, olive oil, vanilla extract, and vinegar. Mix well.
4. Add the dry ingredients to the wet ingredients, stir until just combined. Don't over stir.
5. Gently fold in the berries using a rubber spatula.
6. Fill the muffin tins about 2/3rds full.
7. Bake at 400F for 15-18 until a wooden skewer or toothpick inserted into the center comes out clean.
8. Remove from the oven and let it cool for 5 minutes. After that remove the muffins from the tins and cool on a wire rack.