

VEGAN BLUEBERRY MUFFINS



POLLIN8



INGREDIENTS

Makes 10 muffins

340g unsweetened soy milk
1 tsp apple cider vinegar
250g plain flour (GF will work too)
200g sugar
2 tsp baking powder
¼ tsp salt
1 tbsp cornflour
75g vegetable oil
1 tsp vanilla extract
222g fresh blueberries

Note: You can use frozen blueberries if needed. While still frozen, roll them in a little flour to keep them separated and fold into the mixture gently to prevent 'bleeding'. Bake as normal.

METHOD

1. Preheat the oven to 180°C.
2. Fill a muffin tin with paper liners and spray them lightly with oil.
3. Combine the soy milk and apple cider vinegar in a measuring cup and set aside to curdle. This is your buttermilk.
4. In a large mixing bowl, whisk together all the dry ingredients: flour, sugar, baking powder, salt and cornflour.
5. Pour in the soy milk/vinegar mixture, oil and vanilla. Stir with a large spoon to combine, but do not over mix. Some small lumps are fine.
6. Gently fold in the blueberries. Using a small measuring cup or ice cream scoop, add batter to the liners in the pan $\frac{3}{4}$ of the way full. Top with a few extra blueberries and a sprinkle of coarse sugar, if desired.
7. Bake for 22-25 minutes, until golden brown on top and a toothpick inserted comes out clean. Let them cool for 5 minutes in the pan, then move to a cooling rack to room temperature before serving. Enjoy!

Did you know, bumblebees are excellent pollinators of blueberries because they can 'buzz pollinate'. They contract and vibrate their flight muscles which result in an explosion of pollen grains from the flower.

