

# Whole Wheat Blueberry Banana Flax Muffins

Adapted from: Angela Simpson (*Eat Spin Run Repeat*)

**Prep time:** 10 minutes

**Cook time:** 20 minutes

**Total time:** 30 minutes

**Serves:** 12 muffins



## Ingredients

1  $\frac{3}{4}$  cups whole wheat pastry flour  
 $\frac{1}{2}$  tsp. baking soda  
1  $\frac{1}{2}$  tsp. baking powder  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{2}$  tsp. cinnamon  
2 eggs  
 $\frac{2}{3}$  cup brown sugar  
 $\frac{1}{4}$  cup ground flaxseeds

$\frac{3}{4}$  cup spelt bran or wheat bran  
1 cup mashed over-ripe bananas (about 2 large bananas)  
1 cup unsweetened almond milk + 1 tbsp. lemon juice  
2 tsp. vanilla  
 $\frac{1}{4}$  cup oil of choice  
1 cup blueberries, frozen or fresh

## Instructions

1. Preheat oven to 400°F and line 12 muffin cups with paper liners.
2. In a large bowl, mix together the first 5 ingredients. In another large bowl, combine the eggs and the brown sugar. Mix with a fork until smooth, then add all remaining ingredients except for the blueberries. Continue mixing until no lumps remain.
3. Gradually pour the wet mixture into the dry ingredients, and mix until just combined – don't over-mix or the batter will make very tough muffins! Finally, add the blueberries.
4. Scoop the batter into each muffin cup, filling them to about  $\frac{3}{4}$  full. Bake in the oven for about 20 minutes, or until a toothpick comes out clean. Let cool and enjoy!