

Blueberry Oat Bran Flax Muffins

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 cup oat bran*
- 3/4 cup almond flour (almond meal)
- 1/4 cup ground flax or flax meal
- 1 tsp ground cinnamon
- 1 tsp baking soda
- 2 eggs, whisked
- 1/3 cup real maple syrup
- 2 tbsp coconut oil, melted
- 1/2 cup almond or coconut milk
- 1 cup fresh or frozen blueberries**

Instructions:

1. Preheat oven to 350F degrees. Line a mini muffin tray with paper cups or grease really well. Combine all the dry ingredients into a large bowl: oat bran, almond flour, ground flax, cinnamon and baking soda.
2. In a separate bowl, combine the wet ingredients: 2 eggs, maple syrup, coconut oil, almond or coconut milk, fresh or frozen blueberries.
3. Combine the dry and the wet ingredients together.
4. Bake for 15-20 minutes or until a fork inserted comes out clean.
5. Makes 28 mini muffins.

Notes:

*Oat bran is just the bran part of the oat flake. Bob's Red Mill is the brand of oat bran I use.

If you prefer to use whole oats, just make sure you grind them or put them in a food processor until they are a finer texture similar to oat bran. **Make sure you let the

blueberries thaw if you're using frozen. UPDATE - how to make this nut-free: I have made this nut-free by swapping in 1/2 cup coconut flour for 3/4 cup almond flour. You need to add more liquid though (1/4 cup more) because coconut flour is incredibly absorbent. I have also used oat flour instead of oat bran. I use oat milk to make it nut free.