

Blackberry Spice Muffins

Makes 12 small or 9 large muffins

Ingredients:

1/3 cup unsweetened plant milk

1 cup unsweetened applesauce

½ cup cane sugar

Zest of 1 orange

2 cups **Wellness Forum Health's Quick Mix**

1 ½ cups blackberries

Instructions:

- Preheat oven to 375 degrees.
- Combine the plant milk, applesauce, cane sugar, and orange zest in a large bowl and mix well.
- Add the Quick Mix and black berries and gently fold together
- Spoon batter into sprayed muffin pan or paper liners.
- Bake for 18 minutes