

## Lemon Blueberry Muffins

### Ingredients:

1 cup unsweetened applesauce

1/2 cup unsweetened plant milk-almond, soy, or rice

1/2 cup maple syrup

Zest of 1 lemon

1/2 teaspoon lemon extract, optional

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

1 pint fresh blueberries

### Instructions:

- Preheat the oven to 350 degrees.
- Spray oil into 10-12 small muffin tins or line them with paper liners
- Place the applesauce, plant milk, maple syrup, lemon zest, and lemon extract into a mixing bowl and stir to combine.
- Add the Quick Mix and blueberries and gently fold everything together.
- Spoon the batter 2/3 full into the prepared muffin tins.
- Bake for 25-30 minutes or until a toothpick inserted into the center of the batter comes out clean.