

BUCKWHEAT BERRY MUFFINS

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Makes 12 muffins



Total Time: 42-46min



Prep: 20min

Ingredients

- 180ml unsweetened plant-based milk
- 1 heaped tablespoon **ground flaxseeds**
- 10ml **apple cider vinegar**
- 260g of **buckwheat flour**
- 2 teaspoons **baking powder**
- ¼ teaspoon **baking soda**
- ¼ teaspoon **fine salt**
- 150g unsweetened applesauce – homemade is best!
- 150 pure **maple syrup/agave/coconut nectar**
- 1½ teaspoons **pure vanilla extract**
- 100g berries (I used blueberries here)

To make homemade apple sauce:

- 3 green apples peeled (golden delicious)
- 1 teaspoon **ground cinnamon**
- 1 tablespoon **coconut sugar**
- 150ml water

Equipment needed:

Mixing bowl, whisk, muffin tin, oven, spoon

Method

- Preheat the oven to 165oc.
- Line a 12-cup muffin tray with silicone liners or use a nonstick or silicone muffin tray.
- In a large measuring cup, use a fork or whisk to vigorously mix together the plant-based milk, flaxseeds, and vinegar. Mix it for about a minute, until it appears foamy and set aside.
- In a medium mixing bowl, sift together the flour, baking powder, baking soda, and salt. Make a well in the centre and pour in the milk mixture. Add the applesauce, maple syrup or sweetener of your choice, and vanilla to the well and stir together.
- Incorporate the dry ingredients into the wet ingredients until the dry ingredients are moistened (do not overmix). Fold in the berries.
- Fill each muffin cup three-quarters full and bake for 22 to 26 minutes, or until a knife inserted through the centre of a muffin comes out clean.
- Let the muffins cool completely, about 20 minutes, then carefully run a knife around the edges of each muffin to remove them from the pan.

For the homemade apple sauce:

- Peel and dice the apples and add to a small saucepan with the cinnamon, sugar and water.
- Bring to the boil and cook until the apples are soft and all the water has cooked off
- Blend smooth and allow to cool before using for the muffins