



Vegan Banana Blueberry Muffins Recipe

★ ★ ★ ★ ★
5 from 24 reviews

Author: [Alexis Joseph](#) Prep Time: 10 mins Cook Time: 25 mins Total Time: 35 mins

Yield: 12 Category: Snacks Method: Oven Cuisine: American

Description

Oh so fluffy, tender, and moist Vegan Blueberry Banana Muffins full of whole grains. These delicious muffins make the ultimate healthy snack or simple on-the-go breakfast!

Ingredients

UNITS SCALE

1/4 cup unsweetened vanilla almond milk
1 tsp apple cider vinegar
1 1/2 cups very overripe bananas, mashed (3 large bananas)
1/3 cup pure maple syrup
1/4 cup avocado oil (or melted coconut oil)
1 tsp vanilla extract
2 cups [whole wheat pastry flour](#) (or white whole wheat/all purpose flour)
1 tsp baking soda
1/2 tsp fine sea salt
1/2 tsp cinnamon
1 cup blueberries, fresh or frozen

Instructions

- 1 Preheat oven to 350F. Spray a muffin tin with cooking spray or line with [silicone baking cups](#).
- 2 Place almond milk and apple cider vinegar in a small bowl. Stir and set aside.
- 3 Place bananas in a large [mixing bowl](#). Use a potato masher or fork to mash them well. Add maple syrup, oil, and vanilla, stirring to combine. Stir in almond milk.
- 4 Add flour, baking soda, salt, and cinnamon. Stir just until just barely combined (a few flour clumps are okay). Gently fold in in blueberries, being careful not to over-mix.
- 5 Fill muffins three-quarters full. Bake for 25 minutes, or until a toothpick comes out clean. Cool muffins on a [wire rack](#) for 15 minutes before removing from tin to cool completely.

Fluffy Vegan Blueberry Banana Muffins

Notes

- i **STORAGE:** Store muffins in a tightly covered container at room temperature for up to 2 days, or in the refrigerator for up to 5 days. Freeze muffins for up to 3 months.
- i **GLUTEN FREE OPTION:** You can sub an [all purpose gluten free flour](#).

Find it online: <https://www.hummusapien.com/vegan-blueberry-banana-muffins/>