



Lemon Berry Poppy Seed Muffins

Ingredients

For the Muffins:

180 g Oat + Sorghum Flour Blend

100 g granulated sugar

10 g baking powder

1 g salt

20 g poppy seeds

5 g lemon zest

120 mL plant-based milk

60 mL melted coconut oil

30 mL lemon juice

Flax or Chia Egg - 10 g Milled Chia or
Milled Flax + 45 mL water

For the Berry Mixture:

125 g mixed berries

15 mL maple syrup

2.5 mL lemon juice

Yield: 12 muffins

1. Preheat oven to 375°F (190°C). Line a 12-cup muffin tin with paper liners.
2. Prepare the Egg Replacer: In a small bowl, combine milled chia or milled with the water. Stir well and let it sit for 5-10 minutes until it thickens into a gel-like consistency.
3. In a large bowl, whisk together flour, sugar, baking powder, salt, poppy seeds.
4. In a separate bowl, whisk together the plant-based milk, oil, lemon juice and zest. Add the prepared "egg" to the wet ingredients and stir to combine.
5. Pour the wet ingredients into the dry ingredients and gently fold until just combined.
6. Prepare the Berry Swirl: In a small saucepan combine the berries, maple syrup and lemon juice. Heat over medium-low heat for a few minutes, stirring occasionally, until the berries start to break down and release their juices. Remove from heat and let cool slightly.
7. Spoon about half of the muffin batter into the prepared muffin cups.

8. Spoon a teaspoon or two of the berry mixture on top of the batter in each cup.
9. Top with the remaining muffin batter.
10. Bake in the preheated oven for 20-25 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
11. Let the muffins cool in the muffin tin for a few minutes before transferring them to a wire rack to cool completely.

