



Makes 1 dozen muffins
Preparation Time: 25 minutes
Cook Time: 30 minutes

INGREDIENTS:

12 Medjool dates, pitted and chopped (about 1½ cups or 8 ounces)

1 cup unflavored, unsweetened plant milk

1½ cups old fashioned rolled oats

¾ cup millet

2 teaspoons baking powder

½ teaspoon ground cardamom

½ cup applesauce

1 teaspoon lemon zest, packed

1 cup fresh or frozen blueberries (if frozen, do not thaw first)

½ cup roughly chopped walnuts

Vegan Blueberry Muffins

Lemon zest and cardamom give these vegan Blueberry Muffins their amazing flavor and aroma. Oat and millet flours produce a muffin that is hearty and filling, and dates and applesauce lend sweetness and moistness without the use of sugar and oil.

From straightupfood.com.

By Cathy Fisher

- 1 Preheat oven to 350°F.
- 2 In a small bowl, cover the chopped dates with the non-dairy milk and set aside (so the dates may soften).
- 3 Grind oats and millet into a flour in your blender (a high-speed blender will do a finer job) and place into a mixing bowl. Add the baking powder and cardamom to this and stir with a fork.
- 4 Place the dates and non-dairy milk into a blender and blend until smooth. Add this date mixture to the bowl of dry ingredients along with the applesauce and lemon zest, and mix with a spoon until all the dry ingredients have disappeared.
- 5 Gently fold in the blueberries and chopped walnuts. Spoon the batter into a silicone muffin pan or parchment muffin papers in a metal pan, filling each muffin cup about ¾ full. (Since the batter has no oil, I have found that regular cupcake papers tend to stick to the muffins).
- 6 Bake for 30 minutes. The muffins will be done when the tops have begun to brown and cracks appear, and when a toothpick inserted comes out clean. Let cool in the pan for at least 15 to 20 minutes before removing.

Notes

Blueberries tend to sink into the batter during cooking, so I like to push a few blueberries into the top of each muffin just before baking (make sure they're pushed in though, or they will roll off during rising).

If you've never used cardamom, I urge you to seek some out. Cardamom is a wonderfully aromatic spice used in India and in South Asian cooking. You can buy it pre-ground or in seed form, but I like to buy the seeds and ground them myself since this results a bigger flavor and aroma. Cardamom can be found wherever spices are sold.

If you do not have cardamom, substitute with 1-½ teaspoons cinnamon.