



Dairy-Free and Egg-Free Blueberry Muffin

Supplies:

- 12-serving muffin/cupcake tin

Ingredients:

- 1 and $\frac{3}{4}$ cup flour
- $\frac{1}{3}$ cup sugar
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- $\frac{3}{4}$ cup dairy-free milk
- $\frac{1}{4}$ cup liquid oil (coconut or vegetable oil)
- 3 tablespoons applesauce
- 1 cup blueberries (frozen or fresh)



Instructions:

1. Preheat the oven to 350F. Grease muffin pan or use muffin pan liners
2. Mix flour, sugar, baking powder, and salt in a large bowl
3. Make a well in the center of the dry mixture
4. In a large bowl, combine applesauce, dairy-free milk, and oil
5. Pour the wet mixture into the well of the dry mixture
6. Gently fold in blueberries
7. Spoon batter into muffin pan
8. Bake at 350F for 30 minutes or until golden brown
9. Serve hot with dairy-free butter or let cool and store in an airtight container

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Food Allergy Institute Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: Wheat