

# BERRY MUFF

GREAT FOR TREATS OR AS A MEAL TOPPER

## prep time

10 min

## cook time

20 min, plus  
an extra 5  
min to cool

## serves

24 muffins

**Use 3/4oz liners**

## Things you need

**1 CUP** plain unsweetened  
apple sauce (without addi-  
tives)

**2** beaten eggs

**2 CUPS** organic oat,  
coconut or whole wheat  
flour

**1 CUP** olive oil

**1 CUP** blueberries

## Here is how

Beat the applesauce, oil  
and eggs.

Mix flour in very well.  
Fold blueberries in at the  
end.

Using muffin paper or tins  
makes for ease in prep  
and clean up. Easy to  
refrigerate/freeze,  
transport & delve out in  
single servings.

Bake 350 degrees.

