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Blueberry Muffin Tops

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| Prep Time | Cook Time | Total Time | Servings |
|-----------|-----------|------------|---------------|
| 15 min | 30 min | 45 min | 9 muffin tops |

Wet Ingredients

- 6 dates soaked and blended in hot water
- ¼ cup almond milk
- ¼ cup oil
- Juice from half a lemon

Dry Ingredients

- 1 cup almond flour
- ½ cup banana flour
- ¾ cup tapioca flour
- 2 tsp baking powder
- 1 tsp ground flaxseed
- ½ tsp salt
- ¼ tsp ground nutmeg
- Dash of ground cloves
- 1 cup dried blueberries

Instructions

1. Preheat the oven to 350 degrees. Line a medium-sized baking tray with parchment paper.
2. Soak the dates in just enough hot water to cover them (about ½ cup). Once they are soft, blend in the soaking water to a paste consistency.
3. Combine all the other wet ingredients in a small bowl and set aside.
4. Mix together all the dry ingredients, except for the blueberries, in a large bowl. Add in the wet ingredients and date paste, then stir to make a dough. It will be fairly dry and firm.
5. Gently fold in the blueberries being careful not to over mix. Using an ice cream scoop, scoop out portions of the mix onto the baking tray.
6. Bake for 20 minutes at 350 degrees, then increase the heat to 425 and bake for another 10 minutes.

Bonus Tips

- Make a double batch because these go fast!
- Tastes wonderful with almond butter

Check it Out

- Gluten-free
- Whole foods plant-based
- Naturally sweetened