

RASPBERRY AND BLUEBERRY MUFFINS

Inspired by recipe for Blueberry Yogurt Muffins in [Happy Herbivore Light & Lean](#), by Lindsay S. Nixon and Vicki Brett-Gach

Yield: 12 muffins

2 cups white whole wheat flour
1 teaspoon baking powder
1/2 teaspoon baking soda
pinch salt
3/4 cup raw sugar
1 banana, mashed

1/4 cup unsweetened applesauce
1 1/4 cups nondairy milk
1 teaspoon vanilla
1/2 cup frozen blueberries, thawed and drained
1/2 cup frozen raspberries, thawed and drained
(Mix or match fruit to taste)

Instructions

Preheat oven to 350 degrees. Line muffin pans with parchment paper liners.

In a large bowl, stir flour, baking powder, baking soda, and salt. In a separate bowl, mix sugar, banana, applesauce, milk, and vanilla.

Add wet into dry ingredients, and mix until almost combined. Gently fold in drained berries.

Divide batter evenly into muffin cups and bake 20 to 22 minutes, or until toothpick inserted in the center comes out clean.

Remove muffins from the oven, and place on cooling racks.