



Ashley's Meal Prep Monday!



Blueberry Muffins

INGREDIENTS

- 1 cup almond milk
- 1 mashed overripe banana
- 1/4 cup melted butter
- 1/4 cup maple syrup
- 1/2 cup cane sugar
- 1 TSP vanilla
- 1/2 TSP baking soda
- 1 1/2 TSP baking powder
- 1 1/2 cup GF flour
- 1 cup blueberries

Preheat oven to 350 and line muffin tins with liners/spray. I use a silicone pan and it works excellent without spray or liners!

In a large bowl, add mashed banana, almond milk, vanilla, syrup, butter, sugar, baking powder/soda, and mix until combined.

Mix in flour until just combined, being careful not to over mix. Fold in the blueberries gently.

Pour the batter into the muffin cups about 2/3 of the way full. Bake for 25 minutes, until golden.



Recipe: @peanutbutterandjilly

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