
Crumble Blueberry Muffins □ Gluten-Free & Dairy-Free Option

Cook Time: 25 min

prep Time: 10 min

total Time: 40 min

servings: 9

Ingredients:

For the Muffins:

- 1 1/2 cups (200g) whole-wheat flour
- 1/2 cup (65g) almond flour (or more flour)
- 2/3 cup (100g) coconut or brown sugar
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 85g unsalted butter, melted or 85ml vegetable oil
- 1 cup (240ml) buttermilk
- 1 large egg
- 1 tsp vanilla extract
- 3/4 cup (100g) frozen blueberries (no need to defrost)

For the Crumble Topping:

- 1/2 cup (65g) almond flour
- 1/4 cup (30g) gluten-free rolled oats
- 1/4 cup (35g) coconut or brown sugar
- 1 teaspoon ground cinnamon
- 40g unsalted butter, softened or coconut oil

Instructions:

1. Preheat oven to 200C/400F. Line 8-10 muffin cups with muffin liners. Place muffin pan on baking sheet. Read tips above.
2. Start by making the crumble topping. Mix all the dry ingredients first then add the butter and mix with your fingers to create a crumble. Set aside.
3. In a medium bowl whisk together the flours, coconut sugar, baking powder, baking soda, cinnamon, and salt. Make sure there are no lumps. Set aside.
4. In another bowl, whisk the buttermilk, egg, oil/butter, and vanilla. Whisk to combine.
5. Add the wet to dry and fold adding in the berries in the last strokes.
6. Divide the batter evenly among the muffin liners. Sprinkle the crumble mixture evenly on top. Place in the oven, and bake for 10 mins. Then lower temperature to 175/350F and bake 10-15 minutes or until muffins test done or spring back when gently touched with a fingertip.