Crumble Blueberry Muffins I 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.