

Whole Wheat Strawberry Muffins

Prep time	Cook time	Total time
20 mins	20 mins	40 mins

A delicious light muffin with whole grains, bursting with fresh strawberries, and lightly sweetened. These muffins are free of refined sugars!

Author: Danielle

Ingredients

- 1½ cups whole wheat pastry flour*
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ½ teaspoon cinnamon
- ¼ cup oil
- ½ cup coconut sugar
- 1 large egg
- ½ cup unsweetened almond milk*
- ½ tsp vanilla
- 1 cup strawberries, chopped*

Instructions

1. Preheat oven to 375 degrees. Spray a muffin pan with cooking spray or line with paper liners.
2. In a large bowl, mix together whole wheat pastry flour, baking powder, salt, and cinnamon.
3. In a separate bowl, whisk together the oil, coconut sugar, egg, milk, and vanilla until smooth.
4. Combine the wet and dry ingredients, mixing until just fully combined. Fold in the chopped strawberries.
5. Spoon mixture into the muffin cups (about halfway full) and bake for 18-22 minutes or until a toothpick inserted in the center comes out clean.

Notes

1. Can substitute with all-purpose flour.
 2. Or milk of choice.
 3. If using frozen strawberries, only allow to thaw for a few minutes then chop and add to batter.
- Store in an airtight container and refrigerate for up to 2-3 days. After that I suggest freezing the muffins and microwaving for 30-45 seconds when ready to eat.

Recipe by Live Well Bake Often at <https://www.livewellbakeoften.com/whole-wheat-strawberry-muffins/>

