

Almond Pulp Quinoa Blueberry Muffins

A great way to use almond pulp left from making almond milk. No sugar added, easy nutritious muffins.

Categories

Gluten-free

Yields: 12 servings

Preparation time: 5 mins

Cooking time: 30 mins

Category: Snacks and breads

Complexity: Simple to moderate

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Almond flour	0.5 cup
Quinoa flour	1 cup
Millet flour	1 cup
Baking soda	2 teaspoon
Salt, sea salt	1 dash
Almond milk, plain or original, unsweetened	0.75 cup
Applesauce, canned, unsweetened	0.66 cup
Banana, fresh	1 medium - 7" to 7 7/8" long
Walnut butter	0.5 x 2 tbsp
Blueberries, frozen, unsweetened	0.75 cup

Instructions

The first ingredient is almond flour only because the database does not contain almond pulp. However you can also use almond flour for this recipe.

1. In a large bowl combine almond pulp (or flour), quinoa, millet, baking powder and salt.
2. In a smaller bowl combine the wet ingredients, including nut milk, applesauce, mashed banana and 1 tbsp nut butter. Mix until well combined.
3. Add wet ingredients to dry ingredients. Stir until well combined. If using almond flour you may need more nut milk or water. There should be no flour that doesn't mix well at the bottom of the bowl. If flour is not mixing well you may need a bit more liquid.

4. Turn oven to 350 F. Grease 12 muffin cups with coconut oil.
5. Gently turn in frozen blueberries.
6. Fill muffin cups with mixture and place in oven for 30 minutes.
7. Let cool in muffin tray for about 10 minutes before moving to cooling rack.