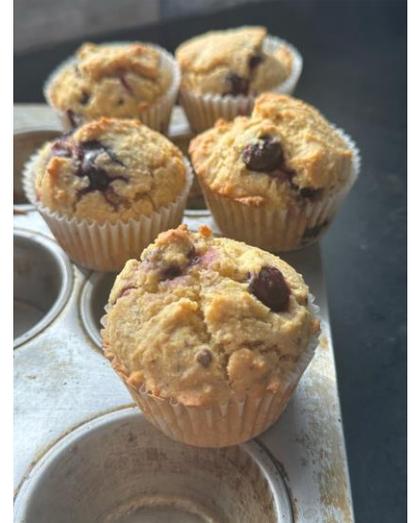


Vegan GF Maple Blueberry Corn Muffins

By Chef Susan Reid, all rights reserved

If you don't have any dietary restrictions, you can of course use all-purpose wheat flour, dairy milk and butter, and a large egg instead,

- 1 1/2 cups (180g) Measure 4 Measure Gluten-Free flour
- 1 1/4 cups (195g) yellow cornmeal
- 1/4 cup (36g) maple sugar
- 1/4 cup (54g) light brown sugar
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 cup (57g) unsalted butter or plant butter, melted
- 3/8 cup (75g) vegetable oil
- 1/4 cup (78g) real maple syrup
- 1/4 teaspoon maple flavor or 1 teaspoon extract
- 1 flax egg (1 tablespoon flax meal mixed with 2 1/2 tablespoons water; let sit 5 minutes)
- 1 cup + 2 tablespoons (10 oz/255g) plant milk
- 1 cup (5.5oz/150g) blueberries, fresh or frozen
- Demerara sugar for sprinkling



Preheat the oven to 400°F. Line the wells of a muffin tin with papers, and grease the insides.

In a large bowl combine the gluten-free flour, cornmeal, sugars, baking powder and soda, and salt.

In a separate bowl combine the melted butter, oil, syrup, maple flavor, flax egg, and plant milk. Add all at once to the dry ingredients and stir until evenly moistened. It will seem runny at first but thicken quickly as the cornmeal and flour absorb the liquid. Stir in the berries and scoop into the prepared pan. Sprinkle with coarse or demerara sugar and bake for 22 to 24 minutes, until the muffins read 200°F or above. Remove from the oven and leave in the pan for 5 to 10 minutes before taking out of the pan. Serve warm if you can.

Yield: 12 muffins.