

Healthy Lemon Blueberry Muffins - Gluten Free

This gluten-free healthy blueberry muffin recipe is simple, healthy and delicious. Children are guaranteed to love them for breakfast, in their lunch boxes or as an afterschool snack!

Prep Time: 15 minutes

Cook Time: 25 minutes

Total Time: 40 minutes



Ingredients:

Blueberry muffin mixture

- 2 cups of GF flour
- $\frac{3}{4}$ cup dairy-free milk
- $\frac{1}{2}$ cup swerve granular (or another sweetener of choice eg. monk fruit sweetener, stevia, etc.)
- $\frac{1}{4}$ cup canola oil
- 2 tbsp unsweetened applesauce
- 2 tsp baking powder
- 2 tbsp lemon juice
- 1 tbsp grated lemon zest
- 1 cup fresh (or frozen) blueberries

Cinnamon Streusel

- $\frac{1}{4}$ cup GF flour
- $\frac{1}{4}$ cup swerve granular
- 2 tbsp vegetable shortening
- $\frac{1}{4}$ tsp ground cinnamon

Sugar-Free Lemon Glaze

- $\frac{1}{2}$ cup swerve confectioners
- 2-3 tsp lemon juice

Instructions:

1. Add all ingredients for the streusel to a small bowl. Using a pastry knife or cold fingertips cut the butter until the mixture is crumbly. Set aside.
2. Preheat the oven to 350°F
3. In a large mixing bowl, combine the sweetener, oil, milk, applesauce, and lemon juice. Using a whisk, mix until thoroughly combined.
4. Add the baking powder and lemon zest and mix thoroughly.
5. Add the flour and mix until just combined; the batter will be lumpy.
6. Carefully fold in the blueberries using a rubber spatula.
7. Line a muffin tin with baking cups and divide the batter evenly.
8. Sprinkle with the streusel topping and bake for 20 to 25 minutes.
9. Remove muffins from the pan after 5 minutes and allow to cool completely.
10. Make a thick glaze from the powdered sweetener and lemon juice. Drizzle over the muffins.

Nutrition Information:

YIELD: 12 SERVING SIZE: 1

Amount Per Serving:

CALORIES: 180

TOTAL FAT: 10g

SATURATED FAT: 2g

TRANS FAT: 0g

UNSATURATED FAT: 8g

CHOLESTEROL: 2mg

SODIUM: 91mg

CARBOHYDRATES: 20g

FIBER: 1g

SUGAR: 1g

PROTEIN: 3g



Recipe modified from: <https://www.countryhillcottage.com/healthy-blueberry-muffins/>