

Sarah's Healing Touch

Blueberry or Mixed Berry Muffins

Ingredients:

- 1/2 C. luke warm water
- 1 egg
- 1/2 C. maple syrup
- 1 t. vanilla
- 3 T. melted coconut oil
- 1 1/2 C. whole wheat pastry flour
- 2 t. baking powder
- 1/2 t. salt
- 1 C. berries

Directions:

Mix together all ingredients and add to a sprayed muffin tin.

Bake at 350 for 20 minutes or until a toothpick comes out clean.

Rejuvenate Refresh Relax