

Berry Blissful Spring Muffins



Indulge in the sweetness of spring with these moist and flavorful muffins, packed with fresh berries and a hint of lemon.

Ingredients

- 2 cups all-purpose flour
- 1 cup granulated sugar
- 1 cup unsweetened almond milk
- 1/2 cup canola oil
- 1 tsp vanilla extract
- 1 tsp lemon zest
- 1 cup fresh mixed berries
- 1 tsp baking powder
- 1/4 tsp salt

Instructions

1. Preheat oven to 375°F (190°C). Line a 12-cup muffin tin with paper liners.
2. In a large bowl, whisk together flour, sugar, baking powder, and salt. In a separate bowl, whisk together almond milk, canola oil, vanilla extract, and lemon zest. Add wet ingredients to dry ingredients and stir until just combined. Gently fold in mixed berries.

Servings: 12

Nutrition

- **calories:** 220 per muffin
- **protein:** 3g per muffin
- **carbs:** 35g per muffin
- **fat:** 9g per muffin

- **fiber:** 2g per muffin
- **sugar:** 20g per muffin