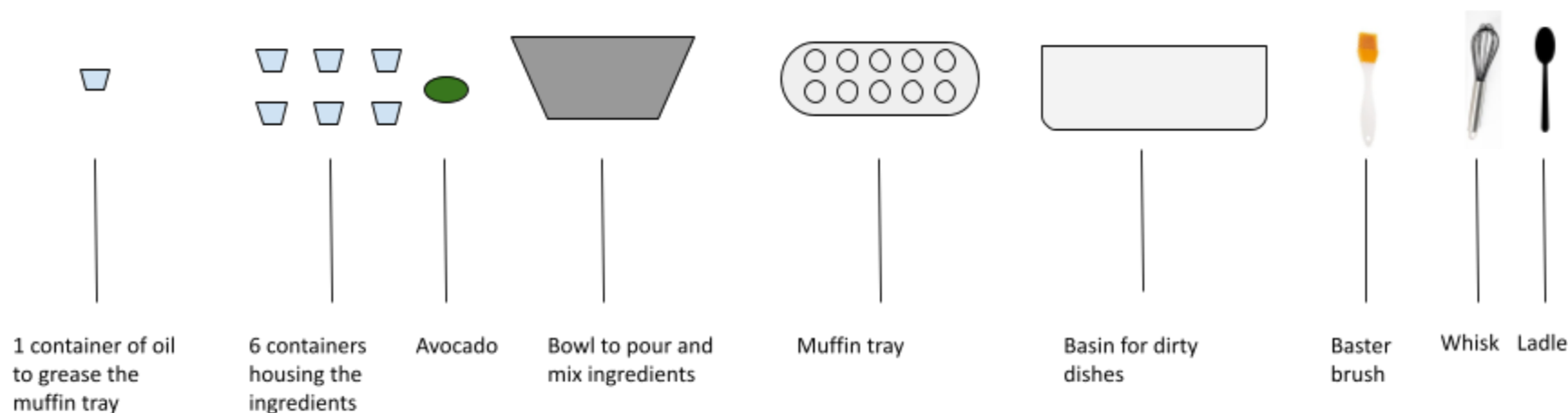


Avocado Blueberry Muffins

By: Michelle Nowacky



Ingredients

- ½ teaspoon of baking soda
- ½ teaspoon of baking powder
- ⅓ cup of oil
- ¼ teaspoon of salt
- 1 cup of gluten free flour
- ¼ cup of oatmilk
- 2 teaspoons of vanilla extract
- 1 TBspoon of flaxmeal + 2.5 TBspoons of water
- ⅓ cup of honey
- 1 avocado
- ⅔ cup of blueberries

Baking Instructions

- Preheat oven to 400 degrees and bake for 15-20 minutes

Instructions

1. Prefill the 6 containers with the ingredients.
2. Use a basting brush to dip into the oil and then grease the muffin tray. Place the container and basting brush into the basin.
3. Pour each bowl of ingredients into the mixing bowl, and then place each empty container into the basin.
4. Use a whisk to mix the ingredients together, and then place the whisk into the basin.
5. Use a ladle to scoop up the batter and pour into the muffin tray, and then place the ladle into the basin.
6. Place the mixing bowl into the basin.
7. Scrub and clean the surface used for baking.
8. Clean the dishes.