BetterBody Foods

Blueberry Peanut Butter Muffins

Prep: 20 min Cook: 25 min Total: 45 min Servings: 12

Calories: 181 Fat: 6g Protein: 7g Carbs: 26g Fiber: 0g

Ingredients

- FOR THE PEANUT BUTTER LAYER '-
- 1 cup white whole wheat flour
- 1/2 cup BBF PBfit
- 1 tsp baking powder
- 1/4 tsp baking soda
- 2 Tbsp peanut butter
- 1 egg
- 1/4 cup maple syrup
- 1 cup almond milk
- FOR THE BLUEBERRY LAYER -
- 1 1/2 cups whole wheat flour
- 1 tsp baking powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1/2 cup pureed blueberries
- 1 egg
- 3 Tbsp maple syrup
- 2 Tbsp BBF Virgin Coconut Oil, melted
- 3/4 cup almond milk

Directions

1. Preheat the oven to 375 degreesF.

2. To make the peanut butter layer, combine all dry ingredients in a bowl (flour, PBfit, baking soda, baking powder). Then add the wet ingredients (egg, maple syrup, almond milk, peanut butter). Mix until you have a smooth batter.

3. In a second bowl, combine the blueberry layer's dry ingredients (flour, baking powder, baking soda, salt, and optional chia seeds). Mix in the wet ingredients (pureed blueberries, maple syrup, egg, almond milk, and coconut oil).

4. Spray a muffin tin before filling each cup approximately 1/3 full with the peanut butter batter, followed by 1/3 full with the blueberry batter. This is what will create the resulting funky color contrast.

5. Bake for 22 to 25 minutes.
6. Enjoy your Blueberry Peanut Butter Muffins!