

VEGAN BLUEBERRY MUFFINS

The perfect vegan blueberry muffins! These muffins are soft, sweet, perfectly moist, and filled with fresh blueberries in every bite. Made with a hint of lemon to take these muffins to the next level.

Prep Time
20 mins

Cook Time
25 mins

Total Time
45 mins

Course: Breakfast, bread

Cuisine: American

Keyword: Vegan Blueberry Muffins

Servings: 12

Calories: 160 kcal

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4.93 from 172 votes

Ingredients

- 1 cup [soy milk](#)
- 1 teaspoon [apple cider vinegar](#)
- 2 cups all-purpose flour
- 2½ teaspoons baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- ½ cup + 2tbsp. [granulated sugar](#)
- ¼ cup + 2 tbsp. canola oil
- 1 teaspoon [vanilla extract](#)
- zest of 1 lemon
- 1½ - 2 cups fresh blueberries



Instructions

1. Preheat the oven to 375F. Spray a [muffin tin](#) with cooking spray and set aside.
2. In a small bowl combine soy milk and apple cider vinegar. Set aside to allow milk to curdle.
3. In a larger bowl combine flour, baking powder, baking soda, and salt. Set aside. In a separate bowl, mix together sugar, canola oil, lemon zest, and vanilla extract. Add soy milk/vinegar mixture and stir to combine. Stir in the dry ingredients until well incorporated. Be careful not to over-mix - a few lumps are okay. Gently fold in the blueberries.
4. Spoon into muffin tins, filling each cup about ¾ full. Bake for 20-25 minutes until a knife inserted in the middle comes out clean.
5. Remove from heat and allow muffins to cool before removing from pan.

Recipe Notes

If you are using frozen blueberries, thaw the berries in a colander by running them under room temperature water. Let the berries sit for 30 minutes for any excess water and juice to run off them. Pat them dry with a paper towel before adding them to your batter.

Store leftover muffins in an airtight container at room temperature for up to 5 days. You can also freeze these muffins for up to 2 months. To thaw, pull the muffins from the freezer and let them thaw at room temperature for several hours.

Nutrition Facts

Vegan Blueberry Muffins

Amount Per Serving

Calories 160 Calories from Fat 45

% Daily Value*

Fat 5g **8%**

Sodium 131mg **6%**

Potassium 135mg **4%**

Carbohydrates 25g **8%**

Sugar 8g **9%**

Protein 2g **4%**

Vitamin A 80IU **2%**

Vitamin C 1.5mg **2%**

Calcium 68mg **7%**

Iron 1.1mg **6%**

* Percent Daily Values are based on a 2000 calorie diet.