

# Healthy Blueberry Muffins

2 1/2 cups of whole wheat pastry flour  
3 teaspoons of baking powder  
1/8 teaspoon sea salt  
1/4 cup melted soy margarine  
1/2 cup brown rice syrup  
1 teaspoon pure vanilla extract  
1 cup soy milk  
2 cups of blueberries (fresh or frozen)

**Preheat oven to 375 degrees.** Rub soy margarine in muffin tin cups. Combine flour, baking powder and sea salt in a large bowl. Whisk until all dry ingredients are blended well. In another bowl, whisk together melted margarine, rice syrup, vanilla and soy milk. Stir the wet mixture into the dry ingredients, mixing until smooth; do not overmix. Stir in blueberries. Spoon into muffin tin.

Bake on center rack for 35 minutes or until muffins are golden brown. Remove from oven, slightly cool and enjoy!

Makes 1 dozen muffins

