

Whole Wheat Muffins (Menstrual)

1 ½ cups applesauce
½ cup granulated sugar
½ cup avocado oil
3 cups whole wheat flour
2 ¼ teas baking soda
¾ tea salt
2 cups strawberries or blueberries

Pre-heat oven to 350*. Line muffin cups with paper liners.

Whisk together applesauce, sugar and oil. Add in flour, baking soda and salt and continue to mix until combined. Gently fold in strawberries or blueberries (I split the batter to make some of each). Divide the batter into muffin cups. Bake for 22-28 minutes, or until toothpick comes out clean. Let cool in pan for 5 minutes then move to wire rack to cool.

Best for the Menstrual phase.

