



BLUEBERRY SPELT MUFFINS

- 4 Tb. Softened butter or canola oil
- 2/3 cup raw, unrefined, granulated sugar
- 1/3 cup organic unsweetened applesauce
- 2 eggs
- 1/2 cup orange juice
- 2 tsp. vanilla
- 2 cups [spelt](#) flour
- 2 tsp. baking powder
- 1 tsp. granulated orange peel
- 1/4 tsp. salt
- 2 cups fresh blueberries

Preheat the oven to 375 F. Cream together the butter or oil, sugar, apple sauce, eggs, orange juice, and vanilla. In another bowl, mix together the flour, baking powder, orange peel, and salt. Mix the dry ingredients into the liquid and combine gently. Fold in the blueberries. Fill muffin liners. Bake in lightly oiled or sprayed muffin tins for 30 minutes, or until done. Sprinkle tops of muffins with cinnamon/sugar mixture before baking, if desired.