

THE VERY BEST BLUEBERRY MUFFINS

yield: 16 MUFFINS prep time: 20 MINS cook time: 16 MINS
total time: 36 MINS

INGREDIENTS

- 1 cup (212 g) granulated sugar
- ½ cup neutral-flavored oil (like vegetable, canola, grapeseed)
- ½ cup milk or buttermilk
- 2 large eggs
- 1 tablespoon fresh lemon zest (see note)
- 1 teaspoon vanilla extract
- 2 cups (284 g) all-purpose flour
- 1 ½ teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 2 cups (340 g) blueberries, fresh or frozen (don't thaw if frozen)
- 1-2 teaspoons all-purpose flour
- ⅓ to ½ cup coarse sugar, for topping (optional)



INSTRUCTIONS

1. Preheat oven to 375 degrees F. Line two muffin tins with paper liners or lightly grease with cooking spray (the recipe makes 16 muffins).
2. In a large bowl, whisk together the sugar, oil, milk (or buttermilk), eggs, lemon zest, and vanilla until well-combined.
3. Add the flour, baking powder, salt and baking soda and mix until a few dry streaks remain. Don't over mix.
4. Toss the blueberries with the 1-2 teaspoons flour and then add the blueberries and flour to the batter.
5. Stir and fold gently so as not to crush the blueberries. Mix until the batter is just combined. Don't over mix.
6. Fill muffin liners about 2/3 full and sprinkle each muffin with coarse sugar (optional).
7. Bake for 16-18 minutes until the tops spring back lightly to the touch. Remove from the oven and immediately remove the muffins from the tin to cool completely on a wire rack.

NOTES

Lemon zest: you can leave out the lemon zest if you don't have it on hand, but if you do have it, I encourage you to use it! It adds a very subtle bright lemon note to the muffins.

Coarse sugar: the coarse sugar for topping is also optional. I love the craggy/crackly top it gives the muffins. You can use turbinado or regular granulated sugar in place of the coarse sugar.