



Blueberry Muffins

Yields Nine Muffins

Ingredients:

(I put weighs of ingredients here because I always defer to that)

- 5 tablespoons (70 grams) salted butter, cold is fine
- ½ cup (3 1/2 ounces or 100 grams) granulated sugar
- Finely grated zest from half a lemon
- ¾ cup unsweetened plain yogurt, stir before measuring
- 1 large egg
- 1 ½ teaspoons (7 grams) baking powder
- Pinch of baking soda
- ¼ teaspoon fine sea salt
- 1 ½ cups (195 grams) all-purpose flour
- 1 ¼ to 1 ½ cups (215 to 255 grams) blueberries, fresh or frozen (no need to defrost) .
- FOR TOPPING: 3 tablespoons turbinado (sugar in the raw) sugar

Instructions:

Heat oven to 375°F and put the rack in the middle

Spray nine of the “cups” of the muffin tin with nonstick spray. I usually pour water in the remaining three muffin indentations where I won’t be putting batter but can’t remember why I do this. (There is a reason, though)

Melt butter in the bottom of a large bowl and whisk in sugar, zest, yogurt, and egg until smooth. Whisk in baking powder, baking soda and salt until fully combined, then lightly fold in flour and berries. The batter will be very thick, like cookie dough.

With a ¼ cup ice cream scoop, divide between the 9 prepared muffin holders and sprinkle each unbaked muffin with one teaspoon of turbinado sugar. This will give you a crunchy top. There is no need to even out the tops!

Bake for 25 to 30 minutes, until the tops are golden and a tester inserted into the center of muffins comes out clean (you know, except for blueberry goo). Let cool in the pan for 10 minutes. I then gently twist them and use a knife to gently get the stuck parts to release from the muffin cups and then gently place them on a rack.

These are great warmed ever so slightly if it is a day later, then smear with salted butter. I have also cooled and frozen them for a couple of weeks but truth be told, we eat them or give them to friends and family the first day.