

joy of baking

Blueberry Muffins Recipe

Blueberry Muffins: Preheat oven to 375 degrees F (190 degrees C). Position rack in center of oven. Butter or line 12 muffin cups with paper liners.

In a large measuring cup or bowl whisk together the yogurt, lightly beaten egg, oil, and vanilla extract.

In another large bowl whisk together the flour, sugar, baking powder, baking soda, and salt. Remove 1 tablespoon of the dry ingredients and toss it with the blueberries. With a rubber spatula fold the wet ingredients into the dry ingredients and stir only until the ingredients are combined. Gently stir in the blueberries. Do not over mix the batter or tough muffins will result.

Evenly fill the muffin cups with the batter, using two spoons or an ice cream scoop. Place in the oven and bake for about 15 - 20 minutes or until a toothpick inserted in the center of a muffin comes out clean. Transfer to a wire rack and let cool for about 5 minutes before removing from pan.

Makes 12 muffins.



Blueberry Muffins:

1 cup (240 ml) plain yogurt (regular or low fat)

1 large egg, lightly beaten

1/4 cup (60 ml) canola or corn oil

1/2 teaspoon pure vanilla extract

2 cups (260 grams) all-purpose flour

1/2 cup (100 grams) granulated white sugar

1 teaspoon baking powder

1/2 teaspoon baking soda

1/4 teaspoon salt

1 1/4 cups (100 grams) fresh or frozen blueberries

*Note: If using frozen blueberries, do not thaw before adding them to the batter.