

Best Blueberry Muffins

Bialik College Kitchen Garden Program



Bialik College

Ingredients:

- 2 cups Plain flour, sifted
- 2 teaspoons Baking powder
- ¼ teaspoon salt
- ½ cup unsalted butter, softened
- 1 cup caster sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 teaspoon lemon zest
- ½ cup milk
- 2 cups fresh or frozen blueberries
- 2 tablespoons raw or demerara sugar

Equipment:

- Metric measuring cups and spoons
- Mixing bowls
- Whisk
- Zester
- Electric mixer with beating attachment
- Spatula
- 12 cup Muffin tray
- Paper muffin liners
- Non-stick cooking spray
- Cooling rack

Method:

1. Preheat oven to 180C and put an oven rack in the middle position.
2. Line a 12-cup muffin tray with paper liners. Spray the liners with non-stick cooking spray.
3. In a medium bowl, whisk together the flour, baking powder and salt.
4. In the bowl of an electric mixer, beat the butter and caster sugar for about 2 minutes. Add the eggs one at a time, scraping down the sides of the bowl and beating well after each addition. Beat in the vanilla extract and lemon zest. (The batter may look a little grainy – that's okay).
5. Gradually add the flour mixture, alternating with the milk, beating on low speed to combine. The batter will be thick.
6. Add the blueberries to the batter and fold in gently with a spatula until evenly distributed. Do not overmix.
7. Spoon the batter into the prepared muffin tin – they will be full. Sprinkle raw sugar evenly on top of the muffins.
8. Bake for 20 minutes, until lightly golden.
9. Let the muffins cool in the pan for about 10 minutes, then transfer to a rack to cool completely.

**This recipe is freezer friendly. You can store muffins in an airtight container or sealable plastic bag and freeze for up to 3 months.*