

Blueberry Muffins

Makes twelve

Tools:

Mixing bowl
Mixing spatula
Handheld beater
Measuring cups
Measuring spoons
Muffin pan
Muffin liners

Ingredients:

2 1/4 cups of all-purpose flour (288 grams)
1 1/2 teaspoons of baking powder (7.5 grams)
1/2 teaspoon of baking soda (2.5 grams)
1/2 teaspoon of salt (2.5 grams)
2 eggs
1 teaspoon of lemon zest (5 grams)
1/2 cup of yogurt (170 grams)
1 1/2 cup of blueberries (225 grams)
1/4 cup of unsalted butter (56 grams)
3/4 cups of sugar (150 grams)
2 teaspoons vanilla extract (8.4 grams)

Set the oven to preheat for 375 degrees F which is 190 C

Add the flour, baking powder, baking soda, and salt in a mixing bowl and whisk it so it mixes well.

In a separate bowl mix the quarter cup of unsalted butter which is nice and soft with the 3/4 cups of sugar. Cream this with your handheld beater until it's nice and pale.

Now we are going to add two eggs but beat after each addition. So, add an egg - beat till smooth. Now add the second egg and beat until smooth.

Now add you 2 teaspoons of vanilla extract a teaspoon of lemon zest and half a cup of yogurt. You can use regular plain yogurt or if you prefer you may use sour cream. Once again mix well with your hand held beater. Once smooth add the dry ingredients. Make sure you mix this without over beating.

You will notice that the result is dry batter. This is the way it should be.

Now add your blueberries and fold them into the batter until they a re spread evenly throughout.

Now transfer the dough to the muffin papers in the tins. This mix should render 12 big muffins or 15 smaller ones.

Once you are satisfied with your dough spread sprinkle plain granulated sugar on top of each muffin.

Place in the oven for about 20 minutes. If you put a pic in and it comes out clean then they are ready to devour!

Let them cool down for about ten minutes on a rack and enjoy!

I recommend a dollop of salted butter on a hot muffin - the butter melts into the dough and the combination is just to die for.

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