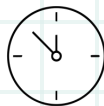




# BLUEBERRY MUFFINS



Prep time  
15 min



Cooking time  
25 -30 min



Portions  
9-10



Blueberry Muffins

## Ingredients

70 g butter (5 tbs)  
100 g sugar (1/2 cup)  
Finely grated zest from half a lemon  
180 g plain yogurt (3/4 cup)  
1 large egg  
1 tsp vanilla essence  
1 1/2 tsp baking powder  
1/4 tsp bicarbonate of soda  
1/4 tsp salt  
195 g cake flour (1,5 cups)  
215g (1,5 cups) blueberries, fresh or frozen  
2 tbs brown sugar (optional)

## Equipment

|                         |                    |
|-------------------------|--------------------|
| muffin pan              | mixing bowls x2    |
| paper or silicon liners | whisk              |
| measuring jug           | ice cream scoop or |
| teaspoon                | tablespoon         |
| scale or measuring cups | spatula            |

## Method

### Step 1

Preheat the oven to 190°C.  
Line a muffin tin with 9 paper liners or  
spray each cup with a nonstick spray.

### Step 2

Melt butter in a large bowl and  
whisk in sugar, zest, yogurt and egg  
until smooth. Whisk baking powder,  
bicarbonate of soda and salt into  
the flour.

### Step 3

Lightly fold in flour and berries. Batter  
will be very thick, like a cookie dough.

### Step 4

Divide between prepared muffin cups  
and sprinkle each with 1 teaspoon of  
brown sugar

### Step 5

Bake for 25 to 30 minutes, until tops  
are golden. Let it cool in pan for 10  
minutes and then on cooling rack until  
cold.

## Chef Notes

- Do Not Overmix
- Fresh blueberries hold their shape better
- Frozen blueberries can be used straight from the freezer.
- Eggs & milk at room temperature incorporate more evenly, creating a smoother batter and better rise.
- Fill liners about 3/4 full for a nice dome.
- Sprinkling coarse sugar (on top before baking creates a crunchy, professional finish.

## Skill Badges

