



Blueberry Muffins

Ingredients

- 1 $\frac{3}{4}$ cups plus 1 teaspoon white whole wheat flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon fine salt
- $\frac{1}{4}$ teaspoon ground cinnamon (optional)
- $\frac{1}{3}$ cup unsalted butter, melted
- $\frac{1}{2}$ cup honey
- 2 eggs, preferably at room temperature
- 1 cup plain Greek yogurt (I used 2% fat)
- 2 teaspoons vanilla extract
- 1 cup frozen wild blueberries
- 1 tablespoon granulated sugar, for sprinkling on top

Instructions

- Preheat the oven to 400 degrees F. Grease a 12 cup muffin tin, or place muffin liners in each cup
- In a large mixing bowl, combine 1 $\frac{3}{4}$ cups of the flour with the baking powder, baking soda, salt and cinnamon. Mix them together with a whisk.
- In a medium mixing bowl, combine the melted butter and honey and beat together with a whisk. Add the eggs and beat well, then add the yogurt and vanilla. Mix well.
- Pour the wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are ok). In a small bowl, toss the blueberries with the remaining 1 teaspoon flour (this helps prevent the blueberries from sinking to the bottom). Gently fold the blueberries into the batter. The mixture will be thick, but don't worry.
- Divide the batter evenly between the 12 muffin cups. Sprinkle the tops of the muffins with sugar. Bake the muffins for 15-17 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
- Place the muffin tin on a cooling rack to cool. You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan. If you have leftover muffins, store them, covered, at room temperature for 2 days, or in the refrigerator for up to 5 days. Freeze leftover muffins for up to 3 months.

MAKES 12 MUFFINS. NUTRITION PER MUFFIN:

CALORIES: 190 | CARBOHYDRATES: 28G | PROTEIN: 6G |
FAT: 7G | FIBER: 3G

ADAPTED FROM COOKIE AND KATE