McKenna Bowman
Intermediate
Fruit & Vegetables
Anderson

The Awesome-est Blueberry Muffins

3 cups minus 2 tablespoons flour
1 teaspoon baking soda
2 teaspoons baking powder
Heavy pinch of salt
Dash of Nutmeg
1 cup sugar
1/2 cup vegetable oil
1 egg
1 generous cup plain, unflavored yogurt
2 cups fresh blueberries
Vanilla Extract
Softened Butter, for muffin tins
Turbinado sugar
Preheat oven to 385 degrees. In a large bowl sift flour, baking soda, nutmeg, baking powder, and salt. Set aside. In another large bowl whisk together sugar, oil, capful of vanilla, egg, and yogurt. Add the dry ingredients and stir to a count of 10. Add blueberries, reserving 1/2 cup, and stir 3 times. Add mixture to well-buttered muffin pans. Sprinkle remaining berries on top and press down lightly. Sprinkle turbinado sugar over top. Bake 20 to 25 minutes and allow to cool completely.

Yogurt-Blueberry Sauce
In small saucepan over medium-low heat, stir together 1 cup frozen or fresh blueberries (if using fresh, add 2 tsp water) and 1 tsp sugar. Cook until berries pop and liquid begins to thicken. Dump in heaping 1/4 cup plain yogurt and stir to combine. Drizzle on muffins. Enjoy!