

Blueberry Muffins

Healthy blueberry muffins with oats - moist, tender bakery-style muffins made with whole grains, no refined sugar. Perfect breakfast treat!

20	17	37	8	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Blueberry Muffins

Ingredients

- 1 cup plain yogurt
- 1 cup milk
- 1 egg
- 1 tsp vanilla extract
- 1 cup honey
- 3 cup wheat flour
- 1 cup oat
- 4 tbsp butter
- 2 cup blueberries
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp salt
- 1 tsp cinnamon

Instructions

- 1 Prepare oven and pan**

Preheat oven to 375°F (190°C). Line a 12-cup muffin tin with paper liners or grease with cooking spray.
- 2 Mix dry ingredients**

Whisk together 2 cups flour, 1 teaspoon baking powder, and 1 teaspoon salt in a large bowl until evenly combined.
- 3 Prepare wet ingredients**

Beat 1 egg in a medium bowl until smooth. Add 1 cup milk and 4 tablespoons melted butter, whisking until well combined.
- 4 Combine wet and dry ingredients**

Pour the wet ingredients into the flour mixture. Gently fold together with a wooden spoon until just barely combined - the batter should look lumpy and rough, not smooth.
- 5 Add blueberries**

Gently fold 1 cup fresh blueberries into the batter with 2-3 light strokes, being careful not to overmix or burst the berries.
- 6 Fill and bake**

Divide batter evenly among muffin cups, filling each about 2/3 full. Bake for 15-17 minutes, until tops are golden brown and a toothpick

inserted in center comes out clean or with just a few moist crumbs.

7 Cool muffins in pan for 5 minutes, then transfer to a wire rack. Serve warm or at room temperature.

Tips

Toss blueberries in a tablespoon of flour before adding them to the batter - this prevents them from sinking to the bottom during baking and ensures even distribution throughout each muffin.

Don't overmix the batter once you combine wet and dry ingredients. Mix just until the ingredients are barely combined, even if you see some dry flour spots - this ensures tender, fluffy muffins rather than dense, tough ones.

Use room temperature ingredients (except the blueberries) for better mixing and more even texture. Take eggs, yogurt, and milk out of the refrigerator 30 minutes before baking.

Fill muffin cups about $\frac{2}{3}$ full for perfectly domed tops. Use an ice cream scoop or large spoon to divide batter evenly among cups for consistent baking and uniform appearance.

Check for doneness by lightly touching the center of a muffin - it should spring back when ready. Alternatively, insert a toothpick into the center; it should come out with just a few moist crumbs attached.

Let muffins cool in the pan for 5 minutes before transferring to a wire rack. This prevents them from falling apart while still warm but prevents them from becoming soggy from trapped steam.

For extra flavor, add a teaspoon of lemon zest to the batter, or create a simple glaze with powdered sugar and lemon juice to drizzle over cooled muffins.

Double the recipe and freeze half the baked muffins individually wrapped for quick breakfast options - they thaw in minutes at room temperature or can be warmed briefly in the microwave.