



Blueberry Muffins Recipe

Provided by Nick Jewell, Victorian Bushrangers Cricketer



Ingredients

3 cups of all-purpose flour	1 cup sugar
1 Tbsp baking powder	1 1/2 cup plain yogurt
1/2 teaspoon baking soda	1 teaspoon grated lemon peel
1/2 teaspoon salt	1 1/2 cups blueberries
10 Tbsp unsalted butter (1 1/4 stick), softened	1 Tbsp flour (if using defrosted frozen berries)

Method

1. Adjust the oven rack to the middle-lower part of the oven. Preheat oven to 375°F.
2. Whisk together the flour, baking powder, baking soda, and salt and set aside.
3. In a large mixing bowl, cream butter and sugar together, beating until fluffy. Add eggs one at a time, beating until incorporated after each one. Beat in the grated lemon peel.
4. Beat in one half of the dry ingredients until just incorporated. Beat in one third of the yogurt. Beat in half of the remaining dry ingredients. Beat in a second third of the yogurt. Beat in the remaining dry ingredients and then the remaining yogurt. Again be careful to beat until just incorporated. Do not over beat. Fold in the berries. If you are using frozen berries, defrost them first, drain the excess liquid, and then coat them in a light dusting of flour.
5. Use a standard 12-muffin muffin pan. Coat each muffin cup lightly with olive oil or grape seed oil using a pastry brush, or with a little butter. Or use one of those convenient vegetable oil sprays. Distribute the muffin dough equally among the cups. Bake until muffins are golden brown, about 25 to 30 minutes. Test with a long toothpick (we use a thin bamboo skewer) to make sure the centre of the muffins are done. Set on wire rack to cool for 5 minutes. Remove muffins from the tin and serve slightly warm.