

BLUEBERRY MUFFINS

Francesca says this is the most delicious blueberry muffin she has ever had. Shared by Howard Stevens.

PREP: 15 minutes

BAKE: 25 minutes

SERVINGS: 12

INGREDIENTS:

2 C. whole wheat white flour

1 Tbsp. baking powder

2 C. blueberries

½ C. (1 stick) unsalted butter

½ tsp. salt

½ C. white granulated sugar

1 C. milk

2 eggs

1 tsp. almond extract

Additional sugar or decorative sugar crystals, for sprinkling

DIRECTIONS;

Preheat oven to 375 degrees.

In a large bowl, combine flour and baking powder. Stir in blueberries. Make a well in the dry ingredients.

Put the stick of butter in a small bowl and melt it in the microwave (about 20 seconds). Add ½ C. sugar and beat until light and fluffy. Mix in milk. Add eggs, beating until combined. Add almond extract and mix well.

Pour the liquid ingredients into the dry ingredients and stir quickly until the dry ingredients are all moistened. Batter will be lumpy. Do not over-mix.

Spray the muffin pan with a non-stick vegetable spray such as *Pam*. Spoon the batter evenly into the muffin cups. Sprinkle the top of each muffin generously with the sugar or the decorative crystals. Bake about 25 minutes, until golden. Allow to cool for 5 minutes before removing from pan.

To store for later, wrap each muffin separately in plastic and freeze. Before eating, heat muffin in the microwave for about 20 seconds.

