

Lemon Blueberry Muffins

Ingredients

- 1 $\frac{3}{4}$ cups plus 1 teaspoon white whole wheat flour or regular whole wheat flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon fine salt
- $\frac{1}{3}$ cup extra-virgin olive oil
- $\frac{1}{2}$ cup maple syrup
- 2 eggs, preferably at room temperature
- 1 cup plain Greek yogurt
- 2 teaspoons vanilla extract
- 1 cup (6 ounces) blueberries, fresh or frozen
- Zest of one lemon
- 1 tablespoon turbinado sugar (also called raw sugar), for sprinkling on top

Directions

1. Preheat the oven to 400 degrees Fahrenheit. If necessary, grease all 12 cups on your muffin tin with butter, coconut oil or cooking spray . Or, use muffin liners if you prefer (that's my preference). Mini muffin tins also work great for this
2. In a large mixing bowl, combine 1 $\frac{3}{4}$ cups of the flour with the baking powder, baking soda, and salt. Mix them together with a whisk.
3. In a medium mixing bowl, combine maple syrup and oil. beat together with a whisk. Add the eggs and beat well, then add the yogurt, lemon zest and vanilla. Mix well.
4. 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.
5. Divide the batter evenly between the 12 muffin cups (I used an ice cream scoop with a wire level, which worked perfectly). Sprinkle the tops of the muffins with turbinado sugar. Bake the muffins for 16 to 19 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean

MADE WITH LOVE

by Teresa Forchand