

Blueberry-Lemon Muffins

Ingredients

2 T sugar
½ t cinnamon
¼ t nutmeg
2 c flour
½ t salt
4 t baking powder
⅓ c sugar
Optional: 2 T ground flax for nuttiness
Zest of a lemon
1 egg
1 c milk
⅓ c canola oil
1 c frozen blueberries

Directions

Preheat the oven to 400°

In a small bowl mix the 2T of sugar with ½ t cinnamon and ¼ t nutmeg. Reserve for sprinkling on top of the muffins before they're baked.

Whisk the flour, salt, baking powder, & sugar (and flax if using) together in a bowl large enough to mix the muffins in.

Whisk in the lemon zest.

In another bowl, whisk the egg until well beaten.

Add in the milk and oil, whisk until well combined.

Add the egg mixture to the dry ingredients.

Stir with a spoon until it is just combined.

Add in the frozen blueberries.

Stir until the blueberries are distributed evenly.

Spoon the batter into 12 prepared muffin tins. I usually use paper liners, but didn't want to use liners this time, as I was making them for the guys working outside. So I've sprayed the tins with cooking spray.

Sprinkle the muffins with about ½ t of the sugar & spice topping.

Bake in the center of the preheated oven for 20 – 22 minutes. Check with a toothpick to be sure they're cooked through. Just pierce the largest one through to the center, and away from any fruit. If batter's still on the toothpick, they need another couple of minutes of baking time.

Let rest in the pan for 7-8 minutes before carefully removing to a rack to finish cooling.

Options:

1. Raspberry & Lemon: replace the frozen blueberries with frozen raspberries (make sure they're separated from each other before adding. If some are broken, that's okay. Sprinkle muffins with plain sugar prior to baking.

2. Apple & Cinnamon: replace the frozen blueberries with 1 cup peeled and chopped apple, and omit the lemon. The pieces of apple shouldn't be larger than ½". Toss the apples with 1 t cinnamon. Continue with recipe.