

# Simple Blueberry Muffins

## INGREDIENTS

- Vegetable oil spray
- 3 cups all-purpose flour
- 1 cup sugar
- 1 tablespoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1½ cups plain yogurt
- 2 large eggs
- 1 teaspoon vanilla extract
- 8 tablespoons unsalted butter, melted and cooled
- 1½ cups fresh or frozen blueberries (do not thaw if frozen)
- 1 tablespoon all-purpose flour
- Optional: turbinado sugar

## DIRECTIONS

1. Heat oven to 375 degrees. Spray 12-cup muffin tin with vegetable oil spray or line with cupcake liners.
2. In large bowl, whisk together the 3 cups flour, sugar, baking powder, baking soda, and salt.
3. In medium bowl, whisk the yogurt and eggs until smooth. Whisk in the vanilla extract.
4. Add the yogurt mixture to the flour mixture and use a rubber spatula to stir gently until just combined. Then, gently stir in the melted butter.
5. In small bowl, toss blueberries with remaining 1 tablespoon flour. Discard the flour and gently stir blueberries into batter. Do not over mix.
6. Using an ice cream scoop or a 1/3 cup measure, divide the batter evenly among the muffin cups. Sprinkle tops with turbinado sugar, if using.
7. Place in the oven and bake until golden brown and toothpick inserted in the center comes out clean, about 20–25 minutes.
8. Use oven mitts to remove muffin tin from oven (ask an adult to help). Place muffin tin on cooling rack and let cool in tin for 10 minutes. Remove muffins from tin and let cool an additional 10 minutes before eating.

- Recipe lightly adapted from America's Test Kitchen: <https://www.americastestkitchen.com/kids/recipes/blueberry-muffins>

