

Foodnity Recipes

Blueberry Muffins – Soft, Moist Bakery Breakfast

15 min Prep time	**20 min** Cook time	**35 min** Total time
12 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Dry Ingredients

- [ ] 2 cups all-purpose flour
- [ ] 1 tsp baking powder
- [ ] 1/2 tsp baking soda
- [ ] 1/4 tsp salt
- [ ] 1 tbsp lemon zest

Wet Ingredients

- [ ] 1/2 cup unsalted butter, melted
- [ ] 1/2 cup honey
- [ ] 2 large eggs, room temperature
- [ ] 1 tsp vanilla extract
- [ ] 1/2 cup whole milk

Berry Mix

- [ ] 1 1/2 cups fresh blueberries
- [ ] 1 tbsp all-purpose flour (for coating berries)

Instructions

1. Preheat oven to 375°F (190°C) and line a 12-cup muffin tin with paper liners.
2. In a bowl, whisk together flour, baking powder, baking soda, salt, and lemon zest; set aside.
3. In another bowl, combine melted butter, honey, eggs, vanilla, and milk; whisk until smooth.
4. Pour wet mixture into dry ingredients, stirring just until combined; the batter will be lumpy.
5. Toss blueberries with 1 tbsp flour, then fold gently into the batter, being careful not to crush them.
6. Spoon batter into liners, filling each about three-quarters full; sprinkle a pinch of coarse sugar on top if desired.
7. Bake for 18-20 minutes, or until a toothpick inserted into the center comes out clean; the tops should be golden.
8. Cool in the pan for 5 minutes, then transfer to a wire rack to finish cooling.

Nutrition per serving

210 kcal	4 g	28 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter muffin, add an extra tablespoon of honey to the batter.
- For extra citrus brightness, drizzle a thin glaze of lemon juice mixed with powdered sugar after baking.
- A quick butter brush while still warm adds a glossy finish.