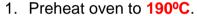
Buttermilk Berry Muffins Makes 12

- 325 g all-purpose flour
- 150 g granulated white sugar
- 2 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- Zest of one orange or lemon
- 1 large egg, lightly beaten
- 240 ml buttermilk
- 120 ml canola oil
- 1 tsp vanilla extract
- 360-480 ml fresh or frozen berries (blueberries, raspberries, or blackberries)



- 2. Line with paper liners, or butter or spray, with a non stick cooking spray, 12 muffin cups.
- 3. In a large measuring cup or bowl whisk together the **egg**, **buttermilk**, **oil**, and **vanilla**.
- 4. In another large bowl combine the flour, sugar, baking powder, baking soda, salt, and zest.
- 5. Gently fold in the berries. With a rubber spatula fold the wet ingredients into the dry ingredients and stir only until the ingredients are combined. Do not over mix the batter or tough muffins will result.
- 6. Fill each muffin cup almost full with batter, using an ice cream scoop.
- 7. Place in the oven and bake until a toothpick inserted in the center of a muffin comes out clean, about 20 25 minutes.
- 8. Transfer to a wire rack and let cool for about 5 10 minutes before removing from pan.

Note: If using frozen berries you may have to bake the muffins a little longer than the stated time.

