

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)



1. Preheat oven to **190°C**.
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.

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