

Revised 29 August, 2024

## Blueberry Muffins – 2 Versions

### Blueberry Muffins – Version 1

Makes 12

- 1 large egg, lightly beaten
- 240 ml plain yogurt
- 80 ml canola oil
- 1 tsp vanilla extract
- 260 g all-purpose flour
- 100 g white sugar
- 1¼ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 240-360 ml fresh or frozen blueberries (If using frozen blueberries, do not thaw before adding them to the batter.)



1. Preheat oven to **190°C**. Butter or line 12 muffin cups with paper liners.
2. In a large bowl whisk together the lightly beaten **egg, yogurt, oil**, and **vanilla** extract.
3. In another large bowl whisk the **flour** with the **sugar, baking powder, baking soda**, and **salt**. Gently stir in the **blueberries**. With a rubber spatula fold the wet ingredients into the dry ingredients and stir only until the ingredients are combined and moistened. (The batter will be thick.)
4. Evenly fill the muffin cups with the batter, using two spoons or an ice cream scoop. Place in the oven and **bake for about 15 - 20 minutes** or until a toothpick inserted in the center of a muffin just comes out clean. Transfer to a wire rack and let cool for about 10 minutes before removing from pan.

### Converting to square or loaf baking pans to make coffee cake or loaf versions:

1. **Baking Time:** Since a coffee cake is baked in a larger, thicker form, it will need to bake longer than muffins. Start checking for doneness at about 30-35 minutes for a square pan, and about 45-55 minutes for a loaf pan. The cake is done when a toothpick inserted in the center comes out clean or with just a few crumbs.
2. **Topping (Optional):** Coffee cakes often have a streusel topping. If you'd like to add one, mix 50 g flour, 50 g brown sugar, 1 tsp cinnamon, and 30-45 g of cold, cubed butter. Sprinkle it on top before baking.
3. **Mixing:** With a larger batter, be gentle when folding in the blueberries to avoid overmixing and breaking the berries.

**Pan Size:**

- **Square Pan:** A 20x20 cm square pan would work well. This size is typically perfect for coffee cakes.
- **Loaf Pan:** A 23x13 cm loaf pan would be appropriate if you prefer a loaf shape. This will result in a denser, taller cake, and may take a bit longer to bake through.

**Instructions:**

1. **Prepare the Pan:** Grease the chosen pan or line it with parchment paper.
2. **Mix Ingredients:** Follow the same method as your muffin recipe, but pour the batter into the prepared pan.
3. **Add Optional Streusel Topping:** If using, sprinkle it on top before baking.
4. **Bake:** Bake according to the recommended times above, adjusting as needed based on your oven and the pan type.

## Blueberry Streusel Muffins – Version 2

Makes 14-16

- 2 large eggs
- 240 ml milk
- 1 tsp vanilla extract
- 390 g all-purpose flour
- 200 g granulated white sugar
- 2½ tsp (10 g) baking powder
- ½ tsp salt
- ⅛ tsp ground cinnamon (optional)
- 113 g cold unsalted butter, cut into small chunks
- 275 g fresh or frozen blueberries (if using frozen blueberries, do not thaw)
- 1 tsp freshly grated lemon zest (outer yellow skin) (optional)
- 28 g unsalted butter



1. Preheat oven to **180°C**. Place rack in center of oven. Line 14-16 muffin cups with paper liners or lightly butter the muffin cups or spray them with a non-stick vegetable spray.
2. In a bowl whisk the **eggs** with the **milk** and **vanilla**.
3. In a large mixing bowl, whisk the **flour** with the **sugar**, **baking powder**, **salt**, and **cinnamon**. Cut the butter into the flour mixture with a pastry blender or use a food processor. *(The mixture should look like coarse crumbs.)*
4. Remove one cup (150 g) of the mixture and set aside in a separate bowl to make the streusel topping.
5. To the remaining muffin batter, gently fold in the **blueberries** and **lemon zest**. Add the **milk** and **egg mixture** to the **flour mixture**. Stir just until combined.  
*(Do not over mix this mixture or the muffins will be tough when baked.)*
6. Fill each muffin cup about ¾ full with the batter, using an ice cream scoop.

### Streusel Topping:

1. Melt the remaining **28 g butter** and stir into the reserved **150 g of flour** mixture until it is crumbly and looks like coarse meal.
2. Sprinkle about **1 T of the streusel** on top of each muffin.
3. Bake the muffins for **about 18 - 23 minutes** or until firm and a toothpick inserted into the center of a muffin comes out clean.
4. Remove from oven and place on a wire rack to cool before serving.

Can be covered and stored at room temperature for about 2 days. Can be frozen.