

FLUFFY BLUEBERRY MUFFINS

one dozen

I'm a muffin girl and these light, fluffy and lemony blueberry muffins will be your new favorite! With a lemon glaze or all dressed up with full on frosting, these muffins are perfect for any occasion as a muffin or a dessert.

1 c. blueberries (tossed in 1 Tbsp flour)
Zest of one lemon

Dry Ingredients:

1¾ c flour (or Cup4Cup gluten free)
1 tsp baking powder
½ tsp baking soda
½ tsp salt
¾ c organic cane sugar
2 tablespoons cake enhancer, optional

Wet Ingredients:

½ cup sour cream (or Greek yogurt)
½ cup milk (I use unsweetened almond milk)
2 tablespoons lemon juice
½ c extra light olive oil
2 organic eggs

Lemon Glaze:

¼ cup almond milk
1 cup powdered sugar
1 tablespoon lemon juice
1 tablespoon lemon zest

Preheat oven to 350 degrees. Prepare muffin pan by spraying with non-stick spray or lining with paper muffin cups. In a small bowl, toss berries with 1 tablespoon of flour, set aside. Combine dry ingredients well with a wire whisk in a medium bowl and set aside. In a separate bowl, whisk together wet ingredients. Combine ½ dry ingredients and ½ wet ingredients in the bowl of a stand mixer with paddle attachment (or using hand mixer) and mix on low speed until just combined. Repeat with second half of ingredients. Carefully fold blueberries and lemon zest into batter. Using an ice cream scooper, fill muffin cups ¾ full and bake 15-20 minutes until lightly brown and toothpick inserted in center comes out clean. While the muffins are baking, make your glaze (or frosting, recipe below). For the glaze, place powdered sugar in medium bowl. Add liquids and stir until sugar dissolves completely. It should be thick but still runny enough to drizzle. Stir in lemon zest. When the muffins have finished baking, cool in pan on wire rack 5 minutes, then remove muffins from pan to continue to cool on wire rack. When completely cool drizzle with glaze or frost with lemon cream cheese frosting using an offset icing spatula or pipe on each muffin with your favorite frosting tip.

frosting

½ c. unsalted butter, softened room temperature
8 oz. cream cheese, softened room temperature
4 cups powdered sugar
1 ½ tablespoons lemon juice
½ teaspoon vanilla extract
1 teaspoon lemon zest

Beat butter and cream cheese until smooth. Gradually add sugar and lemon juice on low speed until fluffy. Add vanilla and zest and beat until smooth. Spread or pipe onto each muffin with your favorite piping tip.