

# Lemon-Blueberry Muffins



PREPARATION TIME  
10 minutes



COOKING TIME  
25 minutes



PERFECT PARTNER  
marmalade



Buy blueberries in season at peak quality and lowest price. Wash and dry them on paper towels, place in a single layer on a baking sheet and freeze. Place frozen berries in plastic bags and store for up to 9 months.

## SHOPPING LIST

- blueberries • sour cream
- lemon

## ON HAND

- egg • butter • milk • flour
- sugar • baking powder • salt

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## INGREDIENTS

- 2 cups all-purpose flour
- 1/2 cup sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 1/2 cups fresh or frozen blueberries
- 1/2 cup sour cream
- 1 egg, slightly beaten
- 1/2 cup milk
- 6 tablespoons melted butter or margarine
- 1 teaspoon grated lemon peel
- 2 teaspoons lemon juice

MAKES 12 MUFFINS

COOK'N

*Express*

- For mini muffins, use miniature muffin cups that hold just a spoonful of batter. They will bake in only 10 minutes.
- Prevent warping your muffin pan by adding 2 or 3 tablespoons of water to each empty muffin cup.

## Make Ahead

For quick midweek breakfast treats, bake a double-batch of muffins on the weekend. Cool completely, then wrap individually in foil and store in the refrigerator.

## ♦ VARIATION

For tart muffins, add 1/2 cup chopped walnuts to the batter in step 2 and substitute 1 cup cranraisins for the blueberries.

**1** Line a 12-cup muffin pan with paper liners. Combine flour, sugar, baking powder and salt in a medium bowl. Toss berries with 3 tablespoons of flour mixture in a small bowl; coat well.



**2** Preheat oven to 400°F. Whisk sour cream, egg, milk, butter, lemon peel and lemon juice in a large bowl. Add flour mixture to bowl; mix just until moistened. Gently fold in blueberries.

**3** Spoon batter into prepared muffin cups. Bake until a toothpick inserted in center comes out clean or until muffins are golden brown, about 25 minutes. Place pan on a wire rack to cool.



**4** Turn muffins out onto rack. Serve warm or at room temperature.