

LEMON BLUEBERRY MUFFINS

Lemons and blueberries are a classic flavor combination and these muffins will soon become a family favorite. They are moist, tender and bursting with fresh blueberry and lemon flavors. The yogurt adds protein and calcium, the blueberries add fiber and vitamin C and Shhh...no one will know you used whole wheat flour (extra fiber and B vitamins)!

Makes 12 muffins
Serving size: 1 muffin

INGREDIENTS

- 1 $\frac{3}{4}$ cups plus 1 teaspoon whole wheat pastry flour or regular whole wheat flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon fine sea salt
- $\frac{1}{4}$ teaspoon ground cinnamon (optional)
- $\frac{1}{3}$ cup vegetable oil
- $\frac{1}{2}$ cup honey or maple syrup
- 2 eggs, preferably at room temperature
- 1 cup plain Greek yogurt (2% or fat-free)
- 2 teaspoons vanilla extract
- 1 cup (6 ounces) blueberries, fresh or frozen
- 1 tsp grated lemon zest
- 1 tablespoon turbinado sugar (also called raw sugar), for sprinkling on top

INSTRUCTIONS

1. Preheat the oven to 400 degrees Fahrenheit. Grease all 12 cups on your muffin tin with butter or pan spray or line with cupcake liners.
2. In a large mixing bowl, combine 1 $\frac{3}{4}$ cups of the flour with the baking powder, baking soda, salt and cinnamon (if using). Mix them together with a whisk.
3. In a medium mixing bowl, combine the oil and honey or maple syrup and beat together with a whisk. Add the eggs and beat well, then add the yogurt and vanilla. Mix well.
4. Pour the wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are ok). In a small bowl, toss the blueberries with the remaining 1 teaspoon flour (this helps prevent the blueberries from sinking to the bottom). Gently fold the blueberries into the batter. Add the lemon zest and mix well. The mixture will be thick, but don't worry.
5. Divide the batter evenly between the 12 muffin cups
6. Sprinkle the tops of the muffins with turbinado sugar. Bake the muffins for 16 to 19 minutes, or until the muffins are golden on top and a toothpick inserted into a muffin comes out clean.
7. Place the muffin tin on a cooling rack to cool. You might need to run a butter knife along the outer edge of the muffins to loosen them from the pan, if you didn't use cupcake liners. If you have leftover muffins, store them, covered, at room temperature for 2 days, or in the refrigerator for up to 5 days. Freeze leftover muffins for up to 3 months.

Adapted from Cookie and Kate <https://cookieandkate.com/healthy-blueberry-muffins/>