

Blueberry-Lemon Muffins

Prep time: 10 mins | Cook time: 20-23 mins

Servings: 12 | Yields: 12 muffins

INGREDIENTS

Butter for lining muffin tins

1 ½ cups all-purpose flour

2 tbsp freshly grated lemon zest, from 3-4 large lemons

½ to ⅔ cup honey (or sugar)

½ cup olive oil (or canola oil)

2 large eggs

1 tsp baking powder

¼ tsp baking soda

½ tsp table salt

2 tbsp freshly-squeezed lemon juice (about two juicy lemons)

⅓ cup sour cream (or plain yogurt)

1 ½ cups frozen or fresh blueberries

METHOD

1. Heat the oven to 350°F. Prepare your muffin tin with butter or liners.
2. Combine the flour, baking powder, baking soda, and salt in a large bowl.
3. In a medium bowl, whisk the lemon zest, honey and olive oil until smooth. Add the eggs one at a time to the wet mixture, and whisk until combined.
4. In a liquid measuring cup, combine the lemon juice and sour cream. Add both this mixture and the honey/oil mixture to the flour.
5. Fill the muffin cups until close to the top (to use all the batter, they will be quite full).
6. Bake for 20-23 minutes, until browned on top and a cake tester comes out clean. These are delicate muffins, so cool completely before removing from the muffin pan.

