RECIPE

Whole-Grain Blueberry Muffins

Whole wheat and olive oil muffins packed with two cups of blueberries and only a third of a cup of sugar, a breakfast you can bake on Sunday and freeze for the week.

MAKES

12 muffins US Metric

TOTAL

50 min

Ingredients

- [ ] 1 ½ cups whole wheat flour
- [ ] ½ cup all-purpose flour
- [ ] 1 ¾ tsp baking powder
- [ ] ¼ tsp baking soda
- [ ] ½ tsp salt
- [ ] ⅓ cup granulated sugar
- [ ] 2 large eggs
- [ ] 1 small container (5.3 oz / 170 g) plain nonfat Greek yogurt
- [ ] ¼ cup olive oil
- [ ] ½ cup plus 1 tbsp fat-free (skim) milk
- [ ] 1 tbsp lemon juice
- [ ] 2 tsp vanilla extract
- [ ] 2 cups blueberries, fresh or frozen (not thawed)
- [ ] 1 tbsp all-purpose flour, to toss the berries

Method

1. Heat the oven to 400 °F and put 12 paper liners in a muffin tin. Paper liners help here, because baked goods tend to stick to the pan a mile up.

2. Sift or whisk both flours, the salt, the baking soda and the baking powder together in a big bowl.

3. In a second bowl, whisk the eggs, sugar, olive oil, yogurt, milk, lemon juice and vanilla until smooth.

4. Pour the wet mixture into the dry and stir with a spatula just until no dry flour shows. Leave the bowl alone for 15 minutes. The whole wheat flour soaks up the liquid and the batter thickens.

- [ ] Paper liners for the muffin tin

5. Toss the blueberries with the 1 tbsp flour. If they are frozen, do not thaw them. Fold them in with as few strokes as you can.

6. Fill each liner to the top, about a heaping ⅓ cup of batter.

7. Bake 20 to 24 minutes. They are done when the tops feel springy under a finger and a toothpick pushed into the middle pulls out dry. A few berry streaks on the pick are fine, wet batter is not.

8. Cool in the pan 10 minutes, then move the muffins to a rack. Cool completely before storing.