5 Star Wild Blueberry Muffins

PREP TIME	COOK and RISE TIME	TOTAL TIME	YIELD
15 mins	**20-25 mins**	**35-40 mins**	**12 Muffins**

A straightforward, everyday staple that delivers a tender crumb, domed tops, and evenly distributed fruit without sinking

INGREDIENTS

- ☐ **1/4 cup (60 g)** margarine, softened
- ☐ **1/2 cup (100 g)** granulated sugar
- ☐ **1** large egg
- ☐ **3/4 cup (180 ml)** milk
- ☐ **1/4 tsp (1.25 ml)** vanilla extract
- ☐ **1/2 tsp (3 g)** salt
- ☐ **1 3/4 cups (220 g)** plus **1 tbsp (8 g)** flour, divided
- ☐ **2 1/2 tsp (10 g**) baking powder
- ☐ **1 cup (150 g**) fresh or frozen wild blueberries

Baking Tip

The High-Heat Jump-Start: Starting the bake at 425°F (218°C) activates the leavening agents rapidly and produces steam, giving the batter an initial burst of rise for high, domed tops. Dropping the temperature to 350°F (177°C) lets the center bake through completely without over-browning the outside.

INSTRUCTIONS

Step 1: Preheat your oven to 425°F (218°C). Grease a standard 12-cup muffin tin or line with paper liners.

Step 2: In a medium bowl, whisk together 1 3/4 cups (220 g) flour, baking powder, and salt. Set aside.

Step 3: In a separate mixing bowl, beat the softened margarine and sugar together until light and fluffy.

Step 4: Beat in the egg, milk, and vanilla extract until combined.

Step 5: Pour the wet mixture into the dry flour mixture. Stir gently just until the flour is moistened (the batter should remain lumpy).

Step 6: In a small bowl, toss the blueberries with the remaining 1 tablespoon (8 g) of flour. Gently fold the floured berries into the batter.

Step 7: Divide the batter evenly among the 12 prepared muffin cups.

Step 8: Bake at 425°F (218°C) for 5 to 7 minutes, then reduce oven heat to 350°F (177°C) and bake for another 10 to 18 minutes, until a toothpick inserted into the center comes out clean.

Step 9: Let muffins rest in the pan for 5 minutes, then transfer to a wire rack to cool.