

## Blueberry Muffins

Recipe adapted from *Cookie and Kate*

### Ingredients

1 ¾ cups plus 1 teaspoon unbleached flour  
1 teaspoon baking powder  
½ teaspoon baking soda  
½ teaspoon fine sea salt  
¼ teaspoon ground cinnamon  
⅓ cup melted coconut oil or extra-virgin olive oil  
½ cup honey or maple syrup  
2 eggs, preferably at room temperature  
1 cup plain Greek yogurt (I used a combination of 0% fat and full fat; any fat content will work)  
2 teaspoons vanilla extract  
1 cup (or even a little more) blueberries, fresh or frozen

### Directions

1. Preheat the oven to 400 degrees Line 12 cups in your muffin tin with muffin papers for easy clean up.
2. In a large mixing bowl, combine 1 ¾ cups of the flour with the baking powder, baking soda, salt and cinnamon. 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. (If the coconut oil solidifies in contact with cold ingredients, gently warm the mixture in the microwave in 30 second bursts.)
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.
5. Divide the batter evenly between the 12 muffin cups.
6. 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.

**Mary-Beth says:** *“The muffin is tender and blueberries burst with flavor.”*