

# Blueberry Muffins

Servings: **12 muffins**

Prep Time: **20 minutes**

Cook Time: **20 minutes**



## INGREDIENTS

- 1 cup fresh or frozen blueberries
- 1 3/4 cups plus 1 tablespoon flour, divided
- 1/2 cup sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon nutmeg
- 3/4 teaspoon salt
- 1 egg
- 1 cup sour cream
- 1/3 cup milk

## About This Recipe

Blueberry Muffins are an American favorite for a reason! Made with a hint of nutmeg and a lot of love, these Blueberry Muffins bake up beautifully to golden perfection. Serve them warm, fresh out of the tin, and they'll bring nothing but smiles to your breakfast spread.

## INSTRUCTIONS

- 1 Preheat oven to 400°F. Grease twelve 2 1/2 inch muffin cups
- 2 Toss blueberries with 1 tablespoon of the flour
- 3 Combine the remaining 1 3/4 cup flour, sugar, baking powder, baking soda, nutmeg, and salt. Set aside
- 4 Beat egg, sour cream, and milk in a separate bowl; stir into flour mixture until just combined (batter will be lumpy)
- 5 Fold in blueberries until evenly distributed
- 6 Fill muffin cups 2/3 full with batter
- 7 Bake about 20 minutes until golden

## Recipe Tip

For best results, stir unfrozen blueberries lightly dusted with flour into batter.



