

Blueberry Muffins

The original recipe for these muffins came from a Martha Stewart clipping. I adapted the recipe to cut the streusel and alter the wet ingredients a bit to cut down on the fat and the complexity of the process.

Ingredients:

1 stick of butter (melted then cooled)
2 tablespoons applesauce or yogurt
1 teaspoon vanilla
2/3 cup sugar
2/3 cup milk, room temperature
1 large egg, room temperature

1 ¾ cup flour
1 tablespoon baking powder
1 ¼ teaspoon ground cinnamon
¼ teaspoon salt

1 ¼ cup blueberries (frozen works fine; let sit at room temperature while you prep ingredients)
Cooking spray

1. Lay out all the cold ingredients (milk, egg, frozen blueberries) to bring down temperature. Preheat oven to 400 degrees. Coat 12-cup muffin tin with cooking spray.
2. Whisk butter, applesauce, vanilla, sugar, milk, and egg in a large bowl. Combine flour, baking powder, cinnamon, and salt in a small bowl.
3. Use a spatula to fold flour mixture into wet ingredients with just a few strokes. Add blueberries and fold until just combined.
4. Spoon batter into prepared muffin tin and bake until tops are golden, about 17-20 minutes. Let cool in pan 5 minutes then turn out to wire rack.

Note: To cut the fat a bit further, you can try swapping 2 more tablespoons of butter for applesauce or yogurt.