

Lemon Blueberry Muffins

Yield: 12 muffins

Size: 1 muffin

2 cups all-purpose flour

1/2 cup sugar

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1/8 teaspoon ground nutmeg

1/4 cup butter

1 1/4 cups low-fat buttermilk

1 large egg

1 Lemon Zested and Juiced

1 cup blueberries

12 Muffin Cups

Cooking Spray

1/2 cup powdered sugar or as needed

- Preheat the oven to 400°.
- Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (flour through nutmeg) in a medium bowl; cut in butter with a pastry blender or 2 knives until mixture resembles coarse meal.
- Combine buttermilk, egg, and rind; stir well with a whisk. Add to flour mixture; stir just until moist. Gently fold in blueberries.
- Spoon batter into 12 muffin cups coated with cooking spray. Bake at 400° for 20 minutes or until the muffins spring back when lightly touched. Remove muffins from pans immediately, and place on a wire rack to cool.
- Combine 1-2 tablespoons of lemon juice and powdered sugar in a small bowl. Drizzle glaze evenly over cooled muffins.