Blueberry Lemon Muffins
adapted from My Baking Addiction | makes 12-16 muffins |

Ingredients:

For the Muffins:

- 2 2/3 cups sprouted wheat flour (I used my homemade sprouted flour, but I like this brand.)
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 3/4 teaspoon salt
- zest of 2 lemons
- 1/2 cup evaporated cane juice
- 1/3 cup sucanat
- 1/4 cup softened butter
- 1/4 cup melted butter
- 2 large eggs
- 1 teaspoon pure vanilla extract
- 1 cup milk
- 1 1/3 cup fresh or frozen blueberries

For the Glaze:

- 3 tablespoons melted butter
- 1 cup organic confectioner's sugar
- 1/2 teaspoon pure vanilla extract
- 2 tablespoons freshly squeezed lemon juice

Directions:

To Make the Muffins:

1) Preheat oven to 425 F (220 C). Line a standard muffin tin with baking cups (I halved the recipe and got more than 6 muffins).

2) In a medium bowl, whisk together the flour, baking powder, baking soda and salt.

3) In another medium bowl, mix together the lemon zest and sugars with your fingertips until moist and fragrant.

4) Cream together the butter (softened and melted) and lemon zest-sugar mixture until well combined. Add the eggs and vanilla and mix until smooth.

5) Add the flour mixture in three additions, alternating between adding the flour and the milk, starting and ending with the flour. Mix just until combined. Fold in the blueberries.

6) Spoon the batter into the muffin tin. Fill the cups almost up to the top. Bake in the preheated oven until golden and a toothpick inserted in the center comes out nearly clean, 15-18 minutes. Remove to a wire rack and allow to cool slightly.

To Make the Glaze:

1) In a medium bowl, whisk together all of the glaze ingredients.

2) Once the muffins have cooled a bit, dip the top of each one into the glaze. Let the glaze cool a little and re-dip if desired (I desired).

3) Store the muffins in an airtight container for about a day or so.

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