

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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