

The BEST Blueberry Muffin Recipe

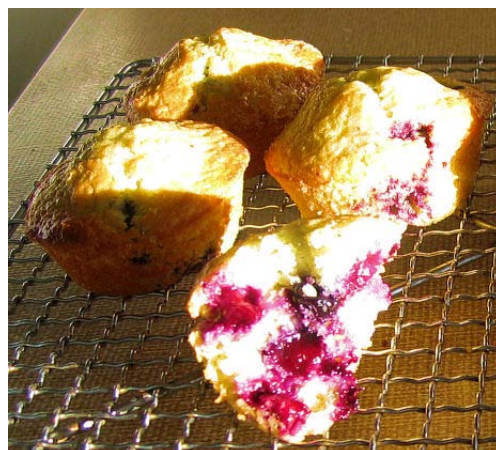
(from Rhonda Bracey)

Backstory: In 1986 I had the pleasure of living and working in Canada for some 13 months.

One of the delights of that year was discovering muffins! Especially blueberry muffins...

I figure I've made thousands of blueberry muffins over the past 20+ years using this recipe – it's so quick and easy, and they taste delicious.

This recipe is for **12 muffins**; if you want to make more, just double or triple the ingredients. It takes about **10 minutes preparation**, then about **20 minutes cooking** time.



Ingredients

Group 1

- 2 eggs
- 1 cup (~250 ml) milk
- ¼ cup (60 ml) melted butter or margarine

Group 2

- 1½ cups plain flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- 2 tablespoons white sugar

Group 3

- 1 cup fresh or frozen blueberries (or 1 can if you don't have fresh berries)
- ¼ cup plain flour
- ½ cup white sugar

Equipment

- 3 mixing bowls (1 large, 2 medium)
- Small hand-held mixer (optional)
- Measuring cups and spoons
- 12-cup muffin tray (Teflon ones are easiest to use and keep clean! Spray with a little oil first if you want your muffins to slip out even easier.)
- Cooling rack
- Oven pre-heated to 200°C

Method

1. Pre-heat the oven to 200°C.
2. In one of the medium bowls, beat the Group 1 ingredients together.
3. In the large bowl, lightly mix the unsifted Group 2 ingredients together.
4. Stir the liquid ingredients in the medium bowl (Group 1) into the dry ingredients in the large bowl (Group 2). You'll have something that resembles a cake mix.
5. In the third bowl, mix together the Group 3 ingredients.
6. Gently fold the Group 3 blueberry mix in to the 'cake' mix in the large bowl. Don't over mix – it's better to have a rough mixture for muffins than a smooth one!
7. Almost fill the muffin cups (but don't overfill) and bake at 200°C for approximately 20 minutes, or until the tops are golden brown.
8. Turn muffins out onto a cooling rack, then eat them while they're hot! (You can also freeze them and reheat them in the microwave.)

For reactions from others to this recipe, see: <http://sandgroper14.wordpress.com/2006/07/09/the-best-blueberry-muffin-recipe/>