

## *Idiot's Kitchen Recipe – Blueberry Muffins*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com) – Adapted from Ann G. White & Red Book



### Ingredients:

1 stick ( $\frac{1}{2}$  cup) butter, softened to room temperature  
1 cup sugar + 1 Tablespoon sugar for topping  
2 eggs  
1 teaspoon vanilla  
2 cups flour  
2 teaspoons baking powder  
 $\frac{1}{2}$  cup milk  
2 cups fresh blueberries (about 1 pint)  
 $\frac{1}{4}$  teaspoon nutmeg

Preheat the oven to 375 degrees.

In a large bowl or mixer, beat 1 stick ( $\frac{1}{2}$  cup) of softened, room temperature butter with 1 cup sugar until pale yellow, light, and fluffy. Add 2 eggs and 1 teaspoon vanilla and stir to combine.

In a separate bowl, sift together 2 cups flour and 2 teaspoons baking powder. Add the flour and  $\frac{1}{2}$  cup milk alternately to the butter mixture starting with the flour. Mix only until the flour is incorporated – do not over stir.

Leave a little flour in the bottom of the bowl and toss 2 cups of fresh blueberries in it. The flour helps keep the blueberries from sticking together and from sinking to the bottom of the muffins. Gently fold the blueberries into the batter by hand using a spatula. Spoon the batter into muffin tins lined with papers or greased and floured to prevent sticking.

Stir 1 Tablespoon sugar and  $\frac{1}{4}$  teaspoon nutmeg together and sprinkle over the tops of the muffins. Bake at 375 degrees for 20 minutes until golden brown and a toothpick inserted into the center comes out mostly clean.

Cool on a wire rack or even better, eat warm with lots of butter.

Makes 12 muffins.