

Best Soft Kefir Muffins with Blueberries



Makes 8 - 9

Prep 10 mins

Cooking 25 mins

Easy

Ingredients

200 g all-purpose flour

125 g white sugar

1 pinch salt

2 tsp baking powder

80 ml vegetable oil (sunflower oil or grape seed oil)

120 ml kefir (substitute with buttermilk or milk mixed with lemon juice)

1 tsp vanilla extract

1 medium egg

120 g blueberries

white sugar for the topping

1. Mix sifted flour and baking powder with sugar and a pinch of salt.
2. In the second bowl mix kefir with oil, vanilla extract and egg. In case you did not have the kefir available, you can mix the milk with a few teaspoons of lemon juice and put it aside for 10 minutes to make it curdle or you can use buttermilk.
3. Combine wet and dry ingredients mix briefly (do not overmix). Add blueberries and incorporate them gently.
4. Put the paper liners in the muffin pan and fill them up to 3/4 in height with prepared batter. Sprinkle each muffin with a teaspoon of sugar. Bake in preheated static oven at 180 °C for 20 to 25 minutes or until the toothpick inserted in the centre of the muffin comes out clean.