

Very Berry Blueberry Muffins



Makes 9

Prep 15 mins

Cooking 30 mins

Easy

Ingredients

70g unsalted butter

100g granulated sugar

175g sour cream (you can use part thick yoghurt)

1 large egg

½ tsp vanilla extract

1 lemon zest, finely grated

1½ tsp baking powder

¼ tsp bicarbonate of soda

¼ tsp salt

150g blueberries, fresh or frozen (no need to defrost)

195g plain flour, plus an extra tablespoon

9 tsp sparkling sugar (use granulated or Demerara if you don't have any sparkling)

1. Preheat the oven to 180C/160C Fan/Gas 4. Pop 9 paper muffin cases into a nine-hole tin.
2. Melt the butter in a small bowl in the microwave, or in a small saucepan over a low heat.
3. Put the melted butter, sugar, sour cream, egg, vanilla extract & lemon zest in a large mixing bowl. Beat with a hand-held electric whisk until you have a nice, smooth mixture.
4. Add the baking powder, bicarbonate of soda and salt and beat again.
5. Put your blueberries in a small bowl and sprinkle over the extra tablespoon of flour. Give them a little shake to make sure they are all coated (this prevents them from sinking to the bottom of the muffins).
6. Using a sieve, sift the flour into the large mixing bowl. Add the flour-coated blueberries and gently mix with a wooden spoon. The batter will be quite thick.
7. Spoon the mixture into the prepared muffin cases and then sprinkle each muffin with a teaspoon of sparkling sugar (or whichever you are using).
8. Place the tin in the oven and bake for 25-30 minutes, until the tops of the muffins are golden and a skewer or cocktail stick inserted into the middle of one comes out clean. Let the muffins cool in the tin for 10 minutes, then carefully take them out of the tin in their cases & leave to cool completely on a wire rack.