



Samantha Stiehl
EAT, DRINK & BE MERRY



Blueberry Muffins

 Cook Time

Prep Time: 10 minutes

Bake Time: 18–22 minutes

Total Time: 30–35 minutes

Ingredients:

Wet Ingredients:

- 3 small/ medium eggs
- 1 cup sour cream or Greek yogurt
- $\frac{2}{3}$ cup buttermilk
- $\frac{1}{2}$ cup brown sugar
- 1 tbsp vanilla extract
- 2 tbsp melted butter
- $\frac{1}{4}$ cup neutral-flavored oil (like avocado, vegetable, or coconut oil)
- 2 tbsp lemon zest

Dry Ingredients (sifted in):

- 3 cups flour
- 1 tbsp baking powder
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp baking soda
- Fold in:
 - 1½ cups blueberries (fresh or frozen—no need to thaw)

Directions:

- Preheat oven to 350°F (175°C). Line a 12-cup muffin tin or lightly grease it.
- In a large mixing bowl, whisk together eggs, sour cream, buttermilk, brown sugar, vanilla, melted butter, oil, and lemon zest until smooth.
- Sift flour directly into the bowl, then add baking powder, salt, and baking soda.
- Stir until almost combined. Gently fold in the blueberries. Do not overmix.
- Divide batter evenly into muffin cups.
- Bake for 18–22 minutes, or until the tops are golden and a toothpick inserted comes out clean.
- Let cool in pan for 5 minutes before transferring to a wire rack to cool completely.

Samantha's Serving Suggestions:

- Warm it up! These muffins are delicious reheated with a bit of butter or berry jam.
- Drizzle with a lemon glaze (mix powdered sugar with lemon juice) for extra zing.
- Swap blueberries with raspberries or blackberries for a fruity twist.
- Perfect with a cup of hot herbal tea, coffee, or your favorite smoothie.
- Freeze extras in a zip-top bag and reheat in the toaster oven for quick snacks or lunchbox treats.