

The Best Lemon Blueberry Muffins: A Bakery-Style Recipe

1 1/2 cups all-purpose flour



OVEN
400°F

TIME
18-22 min

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INGREDIENTS

For the Muffins:

- 1 1/2 cups all-purpose flour
- 1 cup granulated sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, melted and cooled
- 1/2 cup milk (whole or 2%)
- 2 large eggs
- 1 tablespoon fresh lemon zest (from about 1 large lemon)
- 2 tablespoons fresh lemon juice
- 1 cup fresh or frozen blueberries (do not thaw if using frozen)

For the Topping (Optional):

- 1 tablespoon granulated sugar
- A pinch of fresh lemon zest

Swaps and Notes:

Blueberries: Fresh blueberries are wonderful, but frozen blueberries work perfectly too. If you're using frozen, don't thaw them! Toss them into the batter directly from the freezer. This prevents them from bleeding color into the batter too much.

Flour: The recipe is written for all-purpose flour. Using a gluten-free all-purpose blend can also work, but results may vary.

Fat: The melted butter provides a wonderful richness. You could also use a neutral oil, but

you'll lose that classic butter flavor.

Lemon Zest: The zest is where all the lemon oil and flavor live. Don't skip this! Make sure to zest your lemon before you juice it.

Step-by-Step Instructions:

Prep the Oven and Pan: Preheat your oven to 400°F (200°C). Line a 12-cup muffin tin with paper liners or grease it well with butter or cooking spray.

Mix the Dry Ingredients: In a large bowl, whisk together the all-purpose flour, granulated sugar, baking powder, and salt.

Mix the Wet Ingredients: In a separate medium bowl, whisk together the melted and cooled butter, milk, eggs, fresh lemon zest, and fresh lemon juice until well combined.

Combine and Fold: Pour the wet ingredients into the bowl with the dry ingredients. Stir just until the mixture is combined. Do not overmix! A few lumps are perfectly fine and are the key to a tender muffin.

Add the Blueberries: Gently fold the blueberries into the batter. Be careful not to mash them.

Fill the Muffin Tin: Spoon the batter evenly into the prepared muffin tin, filling each liner about two-thirds of the way full.

Add the Topping (Optional): If you're using the topping, sprinkle the mixture of sugar and lemon zest over the tops of the muffins. This gives them a beautiful, sparkly crust.

Bake: Bake for 18-22 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Cool: Let the muffins cool in the tin for a few minutes before transferring them to a wire rack to cool completely.

Tips for Success:

Don't Overmix: This is the most important tip for a light and tender muffin. Mixing too much will develop the gluten, resulting in a tough, dense muffin.

High Heat Start: Starting the oven at a higher temperature for the first few minutes (I've factored this into the recipe's total bake time) helps the muffins rise quickly, creating those beautiful, domed tops.

Toss Frozen Blueberries in Flour: If you're worried about the blueberries sinking, you can toss them in a tablespoon of flour before adding them to the batter.

Use Room Temperature Eggs: This isn't a hard and fast rule for this recipe, but using room temperature eggs and milk helps them mix more evenly into the batter, preventing overmixing.

DIRECTIONS

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2. **Mix the : Dry Ingredients:** In a large bowl, whisk together the all-purpose flour, granulated sugar, baking powder, and salt.
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13. **Use : Room Temperature Eggs:** This isn't a hard and fast rule for this recipe, but using room temperature eggs and milk helps them mix more evenly into the batter, preventing overmixing.
14. **Serving Suggestions and Pairings:** These muffins are absolutely delicious on their own, but they're even better with a few fun additions. Serve them with a side of yogurt, fresh fruit, or a smear of butter. They are the perfect accompaniment to a hot cup of coffee or a cold glass of blueberry lemonade on a sunny day.
15. **Nutritional Information (per serving, approximate):**
Calories: 220 kcal
16. **Carbohydrates:** 35g
17. **Protein:** 3g
18. **Fat:** 8g
19. **Saturated : Fat:** 5g
20. **Cholesterol:** 40mg
21. **Sodium:** 200mg
22. **Fiber:** 1g
23. **Sugar:** 20g
24. **Disclaimer:** Nutritional values are estimates and can vary based on specific ingredients and portion sizes.
25. **Storage and Leftover Tips:** Store these muffins in an airtight container at room temperature for up to 3 days. To keep them fresh longer, you can freeze them in a freezer-safe bag or container for up to 3 months. Thaw them at room temperature or pop them in the microwave for a few seconds for a warm, delicious treat.

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