

Blueberry Cream Cheese Muffins: My Favorite Morning Treat

Blueberry Cream Cheese Muffins



OVEN
400°F

TIME
20-25 min

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INGREDIENTS

For the Muffins:

- 2 cups all-purpose flour
- 1 cup granulated sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup milk
- 1/3 cup vegetable oil
- 1 large egg
- 1 teaspoon vanilla extract
- 1 1/2 cups fresh or frozen blueberries

For the Cream Cheese Filling:

- 4 ounces cream cheese, softened
- 1/4 cup powdered sugar
- 1/2 teaspoon vanilla extract

Swaps and Notes:

Blueberries: Fresh blueberries are best, but frozen blueberries also work perfectly. If you're using frozen, don't thaw them! Just toss them in the batter directly from the freezer to prevent them from bleeding too much color.

Cream Cheese: Make sure your cream cheese is at room temperature. This is crucial for getting a smooth, lump-free filling.

Oil: Vegetable oil is my preference here because it keeps the muffins incredibly moist.

Milk: Whole milk or 2% milk works best for this recipe.

Streusel Topping (Optional): For an extra delicious treat, you can add a streusel topping. Combine 1/4 cup flour, 1/4 cup brown sugar, 2 tablespoons cold butter, and a pinch of cinnamon. Sprinkle it over the muffins before baking.

Step-by-Step Instructions:

Preheat the Oven: Preheat your oven to 400°F (200°C). Line a 12-cup muffin tin with paper liners.

Make the Cream Cheese Filling: In a small bowl, beat the softened cream cheese, powdered sugar, and vanilla extract with a hand mixer until it is smooth and creamy. Set aside.

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 milk, vegetable oil, egg, and vanilla extract 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.

Fill the Muffin Tin: Spoon a tablespoon of the muffin batter into each paper liner. Place a dollop (about a teaspoon) of the cream cheese filling on top of the batter. Top with the remaining muffin batter, filling each liner about two-thirds of the way full.

Bake: Bake for 20-25 minutes, or until the tops are golden brown and a toothpick inserted into the center of a muffin (away from the cream cheese filling) 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.

Soften the Cream Cheese: This is crucial for a smooth, lump-free filling.

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.

Don't Overbake: Pull the muffins out of the oven as soon as a toothpick comes out clean. Overbaking can make them dry.

DIRECTIONS

1. **Preheat the Oven:** Preheat your oven to 400°F (200°C). Line a 12-cup muffin tin with paper liners.
2. **Make the Cream Cheese Filling:** In a small bowl, beat the softened cream cheese, powdered sugar, and vanilla extract with a hand mixer until it is smooth and creamy. Set aside.
3. **Mix the Dry Ingredients:** In a large bowl, whisk together the all-purpose flour, granulated sugar, baking powder, and salt.
4. **Mix the Wet Ingredients:** In a separate medium bowl, whisk together the milk, vegetable oil, egg, and vanilla extract until well combined.
5. **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.
6. **Add the Blueberries:** Gently fold the blueberries into the batter.
7. **Fill the Muffin Tin:** Spoon a tablespoon of the muffin batter into each paper liner. Place a dollop (about a teaspoon) of the cream cheese filling on top of the batter. Top with the remaining muffin batter, filling each liner about two-thirds of the way full.
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10. **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.
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13. **Don't : Overbake:** Pull the muffins out of the oven as soon as a toothpick comes out clean. Overbaking can make them dry.
14. **Serving Suggestions and Pairings:** These muffins are absolutely delicious on their own. They're a perfect breakfast or a sweet treat with a cup of coffee or tea. For a full breakfast spread, you could serve them alongside some fresh fruit or a glass of blueberry lemonade.
15. **Nutritional Information (per serving, approximate):**
Calories: 280 kcal
16. **Carbohydrates:** 40g
17. **Protein:** 5g
18. **Fat:** 12g
19. **Saturated : Fat:** 5g
20. **Cholesterol:** 40mg
21. **Sodium:** 250mg
22. **Fiber:** 1g
23. **Sugar:** 25g
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. For a fresher taste, you can pop them in the microwave for a few seconds to warm them up. For longer storage, you can freeze them for up to 2 months. Thaw them at room temperature for about 30 minutes before serving.

SWAPS & NOTES

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Cream Cheese: Make sure your cream cheese is at room temperature.

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Original recipe: <https://chefmaniac.com/blueberry-cream-cheese-muffins-my-favorite-morning-treat/>