

The Best Blueberry Muffins
"Muffins," by Elizabeth Alston
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Ingredients

½ cup (1 stick) butter, at room temperature
1 cup granulated sugar, or slightly less depending on tartness of blueberries
2 large eggs
1 teaspoon vanilla extract
2 teaspoons baking powder
¼ teaspoon salt
2-1/2 cups blueberries (mash ½ cup with fork)
2 cups all-purpose flour
½ cup milk
1 tablespoon sugar mixed with ¼ teaspoon ground nutmeg

Directions

Heat oven to 375°F. Grease 12 regular muffin cups, including the area between each cup, or use foil baking cups

In a medium-size bowl, beat butter until creamy. Beat in the sugar until pale and fluffy. Beat in eggs, one at a time. Beat in vanilla, baking powder and salt.

Mix mashed berries into batter.

Fold in half the flour with spatula, then half the milk. Add remaining flour and milk. Fold in remaining blueberries.

Scoop batter into muffin cups. Sprinkle with nutmeg sugar.

Bake 25-30 minutes, or until golden brown. Let muffins cool at least 30 minutes in the pan before removing.