

Blueberry muffins

Prep time: 30 mins

Cook Time: 20 mins

Makes: 24

Ingredients:

Flour - 350 grams

Butter - 125 grams

Brown sugar - 140 grams

Sour cream - 150 grams (optional)

Blueberries: 2.5 cups

Eggs - 3

Vanilla essence - 1 tsp

Instructions:

1. Line the muffin trays with paper cases and preheat oven to 180 C.
2. Wash the blueberries and leave to dry.
3. In a bowl, add the butter, eggs, sugar, vanilla essence and sour cream and mix.
4. Sift the baking soda and flour in another bowl to remove clumps.
5. To this, add the butter mixture and stir until just combined.
6. Gently add the blueberries and fold into this batter.
7. Fill the paper cases 2/3 with batter.
8. Bake for 20 minutes and leave to cool on a wire rack.

Tip:

After washing and drying the blueberries, coat them with plain flour. This prevents them from sinking into the batter when you do add them later.