

## BLUEBERRY MUFFINS

250 grams blueberries (fresh or frozen)  
300 grams flour (Spelt is the best)  
2 teaspoons baking powder  
½ teaspoon bicarbonate of soda  
125 grams caster (or coconut) sugar  
100 grams melted butter  
1 beaten egg  
250 ml buttermilk  
1 teaspoon vanilla essence  
small amount of raw sugar



Heat oven to 180°C. Line a muffin tray with cooking paper – makes 8 big ones and 9 slightly smaller ones.

Mix flour, baking powder and caster (or coconut) sugar together.

In a separate bowl, mix together butter, egg, buttermilk and vanilla essence. In another small container, put a splash of boiling water on the baking soda and when it fizzes up, add to the wet mixture.

Make a well in the dry ingredients, pour in the wet mixture and stir until just combined. Add the berries, gently mixing through. It's particularly important to mix gently if the fruit is frozen, as they'll colour all the mixture blue if over-mixed.

Divide the mixture into the paper cases. Sprinkle each muffin with ½ to 1 teaspoon of raw sugar.

Bake in the oven for around 20 minutes, until golden brown and well risen.

Best muffin recipe ever!

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