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Blueberry Muffins



Ingredients:

- **1 3/4 cups of Organic whole wheat pastry flour or organic unbleached flour**
 - **1 tsp baking powder**
 - **1/4 tsp baking soda**
 - **1/2 tsp salt**
 - **1 cup organic sugar**
 - **7 Tbsp coconut oil**
 - **1/4 cup buttermilk**
 - **1/4 cup sour cream**
 - **2 large eggs**
 - **1 1/2 cups fresh blueberries**
- Crumb Topping**
- **1/3 cup organic unbleached flour**
 - **1 1/2 Tbsp organic sugar**
 - **2 1/2 Tbsp chilled butter, diced into small cubes**
 - **1 1/2 Tbsp Raw Sugar**

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Directions:

For the crumb topping:

- **To a food processor add 1/3 cup flour, 1 1/2 Tbsp granulated sugar and diced butter. Pulse several seconds just until butter is distributed and until it somewhat comes together in tiny crumbles, it should still be fluffy (if you pulse it too much it will become dense and too wet, which will just weigh down the tops of the muffins and it will sink). Pour crumb mixture into a small bowl and whisk in 1 1/2 Tbsp raw sugar, set aside.**

For the muffin:

- **Preheat oven to 400 degrees. In a mixing bowl whisk together flour, baking powder, baking soda and salt for 30 seconds, set aside. In a separate large mixing bowl, using a wire hand whisk, mix together 1 cup sugar, coconut oil, buttermilk, sour cream and eggs until well blended, about 30 seconds. Using a rubber spatula, fold in flour mixture just until combine (batter should be slightly lumpy. Don't over-mix, key to fluffy muffins). Gently fold in blueberries. Divide mixture evenly among 12 paper lined muffin cups. Fluff crumb topping with a fork and sprinkle each muffin evenly with 1 Tbsp crumb topping mixture. Bake muffins in preheated oven 18 - 22 minutes, until lightly golden and toothpick inserted in the center of muffin comes out clean. Allow to cool several minutes in muffin pan before removing to wire rack to cool. Best served day baked.**

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