

WILD BLUEBERRY MUFFINS

A delicious and unique muffin recipe using wild blueberries.



- Prep Time: 10M
- Cook Time: 25M
- Total Time: 35M
- Servings: 12
- Oven Temp: 350°F

Ingredients

- 2 cups all-purpose flour (240 grams)
- 1 tablespoon baking powder (15 grams)
- 1/2 teaspoon salt (2.5 grams)
- 1 large egg (50 grams)
- 1 cup granulated sugar (200 grams)
- 4 tablespoons butter, melted and cooled slightly (57 grams)
- 1 1/4 cups sour cream (300 grams)
- 1 1/2 cups frozen wild blueberries (225 grams)

Equipment

- Muffin tin
- Cooking spray or cupcake liners
- Whisk
- Rubber spatula

Instructions

1. Preheat the oven to 350°F. Spray the muffin tin with cooking spray or line with cupcake liners.
2. Whisk the flour, baking powder, and salt together in a bowl.
3. In a second bowl, whisk the egg and sugar until thick and combined.
4. Add the melted butter to the egg and sugar in two additions, mixing well between each.
5. Add the sour cream in two additions, mixing well between each.
6. Add the blueberries to the flour and toss to coat.
7. Fold the wet mixture into the dry mixture gently to avoid breaking the berries.
8. Spoon the batter into the muffin tin, filling each 3/4 full.
9. Bake for 25–30 minutes or until a toothpick comes out mostly clean.
10. Let cool in the pan for 5 minutes, then transfer to a wire rack to cool completely.

Substitutions

- You can substitute regular blueberries for wild blueberries.
- Greek yogurt or buttermilk can be used instead of sour cream.

Pro Tips

- Use frozen wild blueberries to keep the batter cold and improve texture.
- Ensure the blueberries are still frozen when mixing to avoid excess moisture.

Safety Notes

- Preheat oven fully to ensure proper cooking.
- Use oven mitts when handling hot equipment.

Storage Instructions

Store in an airtight container at room temperature for up to 2 days, refrigerated up to 5 days, or frozen up to 3 months.

Tags

#blueberry #muffins #baking #dessert #wild blueberries

Recipe brought to you by Wyman's, General Mills, Betty Crocker