

Blueberry Muffin

Yield: 8 large muffins or 10 small

Cook time- approximately 24 minutes

If using a NON convection oven, you may have to adjust the time?

Preheat your oven to 350 F or 176 C and grease your muffin tins well (or just use paper liners)

In a blender add:

1 egg

1/3 cup fat of choice (olive, coconut, avocado etc)

1/4 cup milk or non-dairy milk of choice

1 tsp vanilla extract (optional)

1/4 tsp lemon extract of 1/2 tsp lemon zest (optional)

Blend all the ingredients for 15-30 seconds- until thoroughly mixed. If you do not have a blender, make sure you whip the egg well (overmixing the egg will increase the rise in your muffin).

Frozen Blueberries- 120 gram (1/2 to 3/4 cup)

Mix the entire container of muffin mix with frozen blueberries (do not let them defrost) and lightly toss flour to coat the blueberries. Immediately add the wet ingredients.

Stir until combined. This batter is wet.

Divide the batter among 8-10 prepared muffin cups

Bake 350 F or 176 C for 12 minutes, rotate and bake an additional 8-12 minutes- until toothpick inserted comes out clean and the tops are golden.