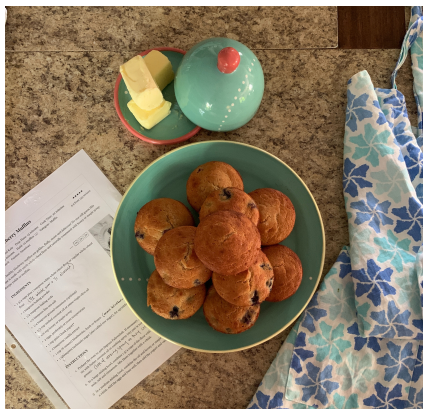


Healthier Blueberry Muffins

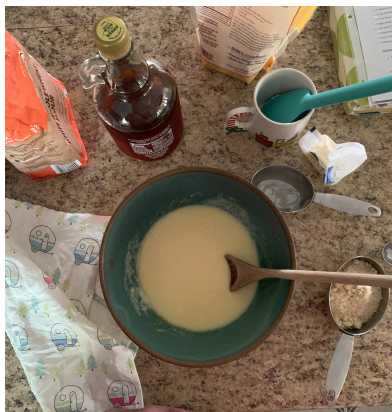


I have a real love of baking and sweets so when I had my kiddo I started altering recipes to be healthier so a small child (and myself) could eat them often!

I'm going to be honest, changing a recipe changes things and they are RARELY the same as the white flour white sugar recipes that we are used to. Most "you'll never know the difference!" recipes are absolutely noticeable, though I keep trying them!

HOWEVER! If you try to change little things at a time, you get used to them and they are delicious! These muffins have a great texture to them though they don't bake up as big as other muffins I've made. They are AMAZING right out of the oven and perfect toasted up over the next couple of days!

I based this on a recipe from Cookie and Kate and altered it a bit to make it my own. They are light, fluffy and I could eat the whole batch of them in one sitting. (But I don't because grown ups are supposed to have some self control)



Ingredients

1 cup white whole wheat flour

¾ cup fine almond flour (I love Bob's Red Mill Super Fine)

1 teaspoon baking powder

½ teaspoon baking soda

½ teaspoon fine sea salt

¼ -½ teaspoon ground cinnamon (optional)

⅓ cup salted butter (just because.) (you can also use coconut oil or extra virgin olive oil or unsalted butter if you are into that kind of thing)

½ cup honey or maple syrup

2 eggs (can be room temp but I always do them right out of the fridge)

1 cup plain yogurt (can be Greek but doesn't have to be)

2 teaspoons vanilla extract

1 cup blueberries, fresh or frozen (I often use more!)

Instructions

1) Preheat oven to 400 degrees F. Grease 12 cups of muffin tin with butter, coconut oil or cooking spray

2) In a large mixing bowl, combine dry ingredients

3) In a medium mixing bowl combine butter and maple syrup (or whatever you choose for oil and sweetener)

4) Add eggs and beat well, then add yogurt and vanilla. Mix well. (Full disclosure, I mix the wet ingredients then add the dry right into the same bowl because it's less clean up. Not a professional over here.)

Also, if your butter or coconut oil solidifies you can warm the mixture in the microwave in short 15 second bursts.

5) Pour wet ingredients into dry (if you did it that way) and mix until just combined. In a small bowl toss blueberries with 1 teaspoon of flour (especially if they are frozen) this helps them not sink to the bottom of the muffins.

6) Divide the mixture between the 12 muffin cups and bake for 18 minutes or until the muffins are golden on top and a toothpick poked into the muffin comes out clean. Sometimes I put the oven on broil for 1-2 minutes to brown the tops more!)

7) Cool muffins for 10-15 minutes before removing them from the pan. You may have to run a knife around the edges to loosen the muffins first.

If you don't eat all of the muffins in one sitting (ahem) they can be kept in a sealed container at room temperature for two days or in the fridge for five days. Also can be frozen for up to three months if you are the plan ahead type!

I know baking is supposed to be an exact science kind of thing, but I am not an exact science kind of person. If you are, I bet your muffins will be even more beautiful and tasty, but for a busy mama, I cut corners and it all

works out fine. Progress not perfection. Enjoy!