

Blueberry Lemon Muffins

3 cups flour (375 grams)
4 teaspoons baking powder
1 cup sugar (200 grams)
1 teaspoon cinnamon
Pinch nutmeg
1/2 teaspoon salt
Grated lemon peel of one large lemon (or grated peel of an orange is also excellent)
1 cup (190 grams) blueberries
1 cup (236 ml) orange juice
2 large eggs
1/2 cup (118 ml) oil

Directions:

Preheat oven to 425 and prepare muffin tin by thoroughly greasing cup and top of tin (so batter doesn't stick). Set aside.

Mix together in large bowl the flour (measure carefully) the baking powder, sugar, cinnamon and nutmeg and salt, whisk and add grated lemon peel and whisk again. Add blueberries and whisk once more coating with the flour mixture. Set aside.

In another bowl mix the orange juice, eggs and oil and stir till smooth. Add the liquid ingredients to the dry ingredient and stir just till incorporated. Don't overmix or you will toughen the muffins. Using an ice cream scooper or a 1/3 cup measure, scoop batter evenly into the muffin tin and since this batter usually produces 14-15 muffins, have at hand stiff paper muffin holders for the extra. Bake in hot oven for 5 minutes (time this!! do not go overtime!) and lower the oven to 375 F without opening the door of the oven. Bake an additional 13-15 minutes or till a wooden toothpick comes out clean. Remove from oven and let cool 5 minutes on wire rack. Then using a toothpick, pry gently around edges of muffins to release them and remove and let cool completely directly on the wire racks.