

Blueberry Muffins

Recipe courtesy Alton Brown

See this recipe on air Friday Sep. 19 at 11:00 PM ET/PT.



Recipe Summary

Difficulty: Easy

Prep Time: 15

Inactive Prep Time: 10

CookTime: 25

Yield: 12 muffins

User Rating ★★★★★

12 1/2 ounces cake flour
1 teaspoon baking soda
2 teaspoons baking powder
Heavy pinch salt
1 cup sugar
1/2 cup vegetable oil
1 egg
1 cup yogurt
1 1/2 cups fresh blueberries
Vegetable spray, for the muffin tins

Preheat oven to 380 degrees F.

In a large bowl sift together the flour, baking soda, baking powder, and salt and set aside.

In another large bowl, whisk together the sugar, oil, egg and yogurt. Add the dry ingredients reserving 1 tablespoon of the dry ingredients and toss with the blueberries. Stir mixture for a count of 10. Add 1 cup blueberries to mixture and stir 3 more times. Reserve the 1/2 cup of blueberries.

Using a #20 ice cream scoop, add the mixture to greased muffin pans. Sprinkle the remaining 1/2 cup of berries on top of muffins and press down lightly. Place into the oven and increase the temperature to 400 degrees. Bake for 20 to 25 minutes, rotating pan halfway through. Remove from oven and turn out, upside down on tea towel to cool completely. Serve immediately or store in airtight container for 2 to 3 days.

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