



Healthier To Die For Blueberry Muffins

Jacob · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

8

Description

These blueberry muffins are so good I double the blueberries they are so full of antioxidants and vitamins that you can never have enough And they taste so good

Ingredients

- - 1 1/4 cups white sugar
- divided - 2 cup all-purpose flour - 1/4 cup butter
- cold and cubed - 1 1/2 teaspoons ground cinnamon - 1 1/2 cups all-purpose flour - 2 teaspoons baking powder - 2 cup applesauce - 1 large egg - 2 cup milk - 2 cups fresh blueberries

Instructions

1. Preheat the oven to 400 degrees F (200 degrees C). Lightly grease muffin cups or line with muffin liners. Mix together 1/2 cup sugar
2. 1/3 cup flour
3. butter
4. and cinnamon in a small bowl with a fork until mixture resembles coarse crumbs. Set topping aside.
Combine 1 1/2 cups flour
5. remaining 3/4 cup sugar
6. and baking powder in a large bowl. Place applesauce into a 1-cup measuring cup; add egg and enough milk to measure 1 cup; stir well
7. then mix into flour mixture until just combined. Fold in blueberries. Fill the prepared muffin cups to the top and sprinkle with topping. Bake in the preheated oven until golden and the tops spring back when lightly pressed
8. 20 to 25 minutes. Recipe Tip Make sure to fill the muffin cups up to the edge for generously-sized deli-style muffins. Editor's Note: This recipe is a healthier version of To Die For Blueberry Muffins.