

Blueberry Muffins

Tall, tender muffins studded with berries, with a one-bowl method

DIFFICULTY Easy
COURSE Baking
CUISINE Australian



PREP
15 min



COOK
20 min



TOTAL
35 min



SERVES
12



FREEZES WELL
Yes

01 Ingredients

- 300g plain flour
- 3 tsp baking powder
- ¼ tsp salt
- 150g caster sugar
- 1 large egg
- 250ml milk
- 100g butter, melted and cooled
- 1 tsp vanilla extract
- 200g blueberries, fresh or frozen

02 Method

1. Preheat the oven to 190C (170C fan) and line a 12-hole muffin tin with paper cases.
2. Whisk the flour, baking powder, salt and sugar together in a large bowl.
3. In a jug, whisk the egg, milk, melted butter and vanilla together.
4. Pour the wet mixture into the dry and fold gently with a spatula until just combined. A few lumps and streaks of flour are fine.
5. Fold in the blueberries, using them straight from the freezer if frozen. Spoon the batter into the cases, filling them nearly to the top.
6. Bake for 20-25 minutes until golden and a skewer comes out clean. Cool in the tin for 5 minutes, then transfer to a wire rack.

04 Common mistakes

- **Overmixing** — beating the batter develops the gluten and makes tough, tunnelled muffins; fold until just combined.
- **Opening the oven early** — a sudden drop in heat makes the domes sink; wait until at least 18 minutes.
- **Using melted butter that is too hot** — it can start to cook the egg; let it cool for a few minutes first.

03 Notes & substitutions

- Toss frozen berries in a spoonful of the flour first so they stay suspended and do not bleed colour.
- Sprinkle raw sugar over the tops before baking for a crunchy, sparkling finish.
- Add the zest of a lemon or orange for a fresher flavour.
- Swap the blueberries for raspberries, chopped strawberries, blackberries or chopped stone fruit.

05 Storage & leftovers

ROOM TEMPERATURE	Airtight container, up to 2 days.
FRIDGE	Up to 5 days, though they can dry out; warm for 10 seconds in the microwave.
FREEZER	Freeze individually wrapped for up to 3 months, and thaw at room temperature or in the microwave.