

Buttermilk Orange Blueberry Muffins

By Audrey Plant

Ingredients

5 cups all-purpose flour

3 teaspoons baking powder

1 teaspoon baking soda

1/2 teaspoon kosher salt

1 1/2 cup granulated sugar

4 eggs

2 cups whole milk buttermilk, shaken

3 1/2 teaspoons pure vanilla extract

1 cup canola or vegetable oil (can sub for coconut oil)

Zest of 1 navel orange

3 tablespoons fresh navel orange juice

3 cups frozen or fresh blueberries

Turbinado sugar for sprinkling on top

Instructions

1. Preheat the oven to 400 F.
2. Line two standard-size muffin tins with parchment paper liners and lightly spray with non-stick spray - 24 muffins.
3. In a large mixing bowl, sift together flour, baking powder, baking soda, and kosher salt. Add granulated sugar and whisk until combined, and set aside.
4. In a separate bowl, whisk together eggs, buttermilk, vanilla extract, oil, zest, and orange juice. Whisk until smooth.
5. Using a rubber spatula, gently fold the wet batter into dry ingredients. Be sure to scrape all sides of the bowl and mix until just combined. Do not overmix.
6. Gently fold in blueberries and set aside to rest for five minutes.

7. Scoop batter into prepared lined and greased muffin pans. Each muffin should be filled to the top.
8. Sprinkle tops of muffins generously with turbinado sugar - about 1/2 - 1 teaspoon each.
9. Place muffins in the oven and bake for 20-25 minutes or until muffins are lightly browned and a toothpick inserted comes out clean.

Notes:

1. I prefer to use frozen blueberries directly out of the freezer to prevent the streaking of the blueberries throughout the batter.
2. If you use fresh blueberries, be extra careful when folding them into the batter.
3. Be sure to shake the buttermilk as the fat tends to separate in the container.