

Blueberry Streusel Muffins



desserts

POINTS® Value: 4
Servings: 12
Preparation Time: 14 min
Cooking Time: 35 min
Level of Difficulty: Moderate

These muffins were a hit at our last recipe tasting. We couldn't decide which was better: the moist, blueberry-bursting cake or delicious crumb topping.

Ingredients

2 1/4 cup(s) all-purpose flour, divided
1/2 tsp baking soda
1 tsp baking powder
1/2 tsp table salt
1 large egg(s)
1 cup(s) sugar, divided
3/4 cup(s) reduced-fat sour cream
1 tsp vanilla extract
1/4 cup(s) fat-free skim milk, divided
2 cup(s) blueberries, washed and picked over
2 tbsps butter, melted

Instructions

Preheat oven to 375°F. Place muffin liners in a 12-hole muffin tin.

In a large bowl, combine 2 cups of flour, baking soda, baking powder and salt; set aside.

Using an electric mixer, beat egg with 3/4 cup of sugar in a large bowl until light and fluffy. Add sour cream and beat until thoroughly combined; blend in vanilla extract.

Add half of flour mixture and half of milk to sugar mixture; beat until just combined. Add remaining flour mixture and milk; beat until smooth.

Fold in blueberries and fill each muffin liner about 3/4 full; set aside.

To make streusel topping, in a small bowl, combine remaining 1/4 cup each of sugar and flour. Pour in melted butter and combine with fingertips. Divide crumb mixture over muffins; gently press into top of muffin batter with fingertips.

Bake until slightly golden and a toothpick inserted in center of a muffin comes out clean, about 30 to 35 minutes. Cool in pans for about 10 to 15 minutes and then transfer muffins onto racks to cool completely. Yields 1 muffin per serving.

Notes

You can use any combination of fresh berries in this recipe. Frozen berries are fine to use as long as you make sure they're completely thawed first.

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