

FRESH FRUIT MUFFINS

F EASY

Last Modified: 02/11/2015

PREP: 30 Min
COOK: 25 To 40 Min
OVEN: 400

BREADS

MAKES 6 LARGE OR 12 REGULAR OR 24 MINI MUFFINS

SINGLE	1 1/2 TIMES	INGREDIENT	PROCESS
1 1/2 Cups	2 1/4 Cups	All Purpose Flour	
3/4 Cup	1 1/4 Cup	Granulated Sugar	
1/2 Tsp	3/4 Tsp	Kosher Salt	
2 Tsp	3 Tsp	Baking Powder	
1/3 Cup	1/2 Cup	Vegetable Oil	
1 Large	2 Medium	Egg(s)	Beaten
1/3 Cup	1/2 Cup	Buttermilk	
1 Cup	3 Cups	Blueberries (Whole) Or Other Fresh Fruit (Chopped)	

CRUMB TOPPING

1/2	Cup	Granulated Sugar	
1/3	Cup	All Purpose Flour	
1/4	Cup	Unsalted Butter	Melted
1 1/2	Tsp	Ground Saigon Cinnamon	

PREPARATION

FACTOID	While these ARE tasty even without Fresh Fruit, the ones containing larger chunks of Fruit do NOT lend themselves well to those Mini Muffins (24 per Tin). However, any finely diced Fresh Fruit used in them is a different story. For large Muffins, use the 1 1/2 times ingredient amounts.
TOOLS	1) Medium Mixing Bowl. 2) Small Mixing Bowl. 3) Large Muffin Tin (6 Muffins). OR Regular Muffin Tin (12 Standard Muffins). OR Mini Muffin Tin (24 Muffins - NO LARGE FRUIT CHUNKS). 4) #8 Batter Disher - 3 Oz (Large Muffins). OR #16 Batter Disher - 2 Oz (Standard Muffins). OR #40 Batter Disher - 7/8 Oz (Mini-Muffins).
PREP	Preheat the oven to 400 Degrees with a rack just below center.
HINTS	Use a Batter Disher (the Dough IS thick). Filling is MUCH less messy and makes each Muffin exactly the same size. INVEST, it's well worth it.
HINTS	Very tender whole fruits (Raspberries, Blueberries, etc.) WILL tend to crush and fall apart when mixing the Batter. A solution is to mostly freeze those you want to remain whole. Larger frozen pieces will keep the Batter surrounding them from baking properly.
1	Either grease the muffin tin cups or line them with paper muffin liners. 1 1/2 times the recipe only if you are using an oversized muffin tin (6 Muffins). All of the muffins WILL overflow. - (Do NOT increase the Crumb Topping ingredients).
2	Combine the Flour, Sugar, Salt and Baking Powder. Make a well and add the Oil, beaten Egg, Buttermilk and lightly mix into the Flour mixture until just wet, fold in the Blueberries.
3	Using the appropriate sized Batter Disher, add 1 scoop into each Muffin cup.
4	CRUMB TOPPING: Mix the Sugar, Flour, Cinnamon, and melted Butter with a fork and sprinkle generously over the top of each Muffin.
5	BAKING TIMES +/-: Large 35 Minutes, Standard 22 minutes, Mini 19 minutes (DRY toothpick).
OPTION	You may optionally substitute any Fruit you like for the Blueberries or even add in Chocolate Chips, Nuts, etc. etc. Make these into something your family will like.

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