

(Frozen) Wild Blueberry Muffins

Bursting with frozen or fresh wild blueberries, you can enjoy these delicate muffins made with buttermilk, honey, and orange zest at any time of year.

Wild Blueberry Muffins Ingredients

- 1 stick (8 tablespoons; 113g) unsalted butter, melted and cooled
- 1 large orange (zest and 1/4 cup or 2 ounces of juice)
- 3/4 cup (170g) buttermilk
- 2 large (100g) eggs
- 3 tablespoons (63g) honey
- 1/3 cup (66g) sugar
- 2 cups (240g) all-purpose flour
- 2 1/2 teaspoons (10g) baking powder
- 1/4 teaspoon (1.5g) baking soda
- 1/4 teaspoon kosher salt
- 1 cup (140-170g) wild blueberries (frozen, but not thawed or fresh)



How to Make Wild Blueberry Muffins with Frozen or Fresh Blueberries (12 muffins)

Preheat the oven to 400 degrees Fahrenheit. Spray a 12-cup muffin pan with baking spray. Place the muffin pan on a baking pan and set aside.

Melt the unsalted butter and let cool. (Don't have unsalted butter? No worries. Use salted butter and omit the salt in the recipe.)

Zest the orange over a sheet of plastic wrap, then set aside the zest. Squeeze the orange for the juice. Pour the 1/4 cup of orange juice through a strainer into a large glass measuring cup. (It's likely you will have orange juice left over. Sip some freshly squeezed orange juice!)

Add the 3/4 cup buttermilk to the 1/4 cup of orange juice to make 1 cup. Then, whisk in the eggs, honey, and melted butter into the glass measuring cup.

In a large bowl, add the sugar and orange zest. Rub the sugar and orange zest together with your fingertips, until the sugar is moist and fragrant with the orange zest. Then, add the flour, baking powder, baking soda, and salt into the sugar mixture and whisk together.

Pour the liquid ingredients over the dry ingredients and with a whisk or spatula, stir to blend gently but quickly. The batter will be bubbly.

Pour the wild blueberries (frozen, but not thawed or fresh) into the batter and stir gently to combine.

Scoop the batter evenly among the 12 muffin cups. (You can use a cookie dough scoop, but an ice cream scoop is just the right size.)

Bake for 22-25 minutes. To test doneness, a toothpick or cake tester inserted in the center of a muffin comes out clean or with a few dry crumbs.

Transfer the muffin pan to a wire rack and cool for 5 minutes before carefully removing each muffin to a wire rack to cool completely.

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