

## Whole Wheat Blueberry Muffins | bites out of life

Adapted from [Eating Well](#)

With 2/3rds cup of sugar, these muffins were very slightly sweetened. I preferred them this way (I was going a better breakfast muffin, after all) but if you like them a little sweet, 3/4 cup of sugar might be best.

- 1-1/2 cups whole-wheat flour\*
- 1 cup all-purpose flour
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 2 large eggs
- 1 cup buttermilk\*\*
- 2/3-3/4 cup brown sugar, based on your preference for sweetness
- 2 tablespoons butter, melted
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1/2 teaspoon almond extract
- 2 cups fresh or frozen blueberries
- 1/2 cup chopped walnuts



\*You can also use whole wheat pastry flour, which is finer than regular whole wheat flour and makes for a less dense muffin (though these were pretty light even with the whole wheat)

\*\*If you, like me, hardly ever have buttermilk on hand, stir 1 tablespoon of lemon juice or white vinegar into 1 cup of milk and let it sit for 10 minutes, so that it curdles.

- 1) Preheat the oven to 400°F and butter a 12-cup regular or 6-cup extra-large muffin tin.
- 2) Whisk the whole-wheat flour, all-purpose flour, baking powder, baking soda, nutmeg and salt in a large bowl.
- 3) Whisk the eggs, buttermilk, brown sugar, butter, oil, vanilla and almond extract in another large bowl until well combined.

4) Form a well in the center of the dry ingredients and pour in the wet ingredients. Stir until just combined. Add the blueberries and nuts. Stir just to combine — do not overmix. Fill each muffin tin until it's 3/4 full.

5) Bake for 30-35 minutes, rotating the muffin pan halfway, until the muffins are golden brown and a toothpick inserted into the center comes out clean. Let them cool in the tin for 10 minutes, then use a knife to cut around each muffin and loosen it from the edges. Turn out onto a wire rack and let cool.

From: <http://www.bitesoutoflife.com/2012/01/15/whole-wheat-blueberry-muffins/>