



Bluffins (blueberry muffins)

Recipe by Alice Zaslavsky

INGREDIENTS

- 125 g salted butter softened
- $\frac{3}{4}$ cup (150 g) raw caster sugar
- 2 tsp ground cinnamon
- 2 tsp vanilla extract
- $\frac{1}{2}$ tsp almond extract
- 2 eggs
- $\frac{1}{2}$ cup (125 ml) natural yoghurt
- 1 cup (100 g) almond meal
- 1 cup (150 g) gluten free self-raising flour sifted
- 2 scant cups (300 g) blueberries washed and dried
- $\frac{1}{2}$ cup (50 g) flaked almonds
- Icing sugar to serve

NOTES

You can sub out blueberries for whatever berry (or even stone fruit) you're currently staring at. These bluffins will keep for 4–5 days.

DIRECTIONS

1. Preheat the oven to 180°C conventional. Line a 12-hole muffin tin with paper cases.
2. Cream the butter and sugar using a hand held or stand mixer until very pale and you can barely feel the sugar crystals between your thumb and forefinger.
3. Add the cinnamon, vanilla and almond extract. Scrape down the bowl, then add the eggs one at a time, beating well after each addition.
4. Add the yoghurt and almond meal and mix until well combined. Fold the flour and most of the blueberries (keeping some for the top) through the batter using a flexible spatula until just mixed — you shouldn't be able to see any white blobs bobbing around, but try not to overmix.
5. Using an ice-cream scoop, spoon equal portions of the batter into the muffin cases. Sprinkle some blueberries on top of each muffin hole, then top with the almond flakes.
6. Bake on the middle shelf of the oven for 20–25 minutes, or until the bluffins bounce back when gently touched. Stick a skewer into a cakey part and see if it comes out clean-ish; I prefer to leave mine ever so slightly under-done. Finish with a dusting of icing sugar.



Breakfast

with Kim Napier

on 91.7 and the ABC listen app

