

Quick and Easy One Bowl Blueberry Muffins

Makes 12 regular size muffins

Ingredients:

- 1 1/2 cups (all-purpose or whole wheat)
- 3/4 cup granulated sugar, plus 1 tablespoon for muffin tops (coconut sugar also works great)
- 1/2 teaspoon sea salt
- 2 teaspoons baking powder
- 1/3 cup vegetable, olive, or coconut oil
- 1 large egg
- 1/3 – 1/2 cup milk
- 1 1/2 teaspoons vanilla extract
- 6 to 8 ounces fresh or frozen blueberries (about 1 cup frozen blueberries)

Directions:

- Preheat oven to 400° F
- In a large bowl whisk flour, sugar, baking powder and salt.
- Use a measuring cup that holds at least 1 cup and add vegetable oil, egg and then fill the cup to the 1-cup line with milk (about 1/3 to a 1/2 cup of milk). Add vanilla and whisk until combined.
- Add milk mixture to the bowl with flour and sugar then use a fork to combine. Do not over mix. (The muffin batter will be pretty thick). Add blueberries and use a spatula or spoon to gently fold the blueberries into the muffin batter.
- Divide the batter between the muffin cups filling about 1/2 full.
- Sprinkle a little sugar on top of each muffin.
- Bake for 15-20 minutes
- Enjoy!