

Blueberry Cottage Cheese Muffins

Prep: 10 minutes • Cook: 20 minutes

Tender, bakery-style blueberry muffins enriched with cottage cheese for extra moisture and protein, finished with a crisp, fragrant lemon-sugar crust.

Ingredients

- 2 tablespoons granulated sugar
- 1 teaspoon lemon zest (packed)
- 1 cup cottage cheese (full-fat recommended)
- 3/4 cup granulated sugar
- 6 tablespoons unsalted butter (melted)
- 2 eggs (large)
- 2 tablespoons lemon juice (fresh)
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon fine sea salt
- 1 cup blueberries (fresh or frozen)

Instructions

1. Preheat the oven to 425°F. Line a 12-cup muffin pan with baking cups.
 2. Make the lemon sugar: In a small bowl, rub together 2 tablespoons granulated sugar and 1 teaspoon packed lemon zest. Set aside.
 3. Blend wet ingredients: In a blender, combine cottage cheese, 3/4 cup granulated sugar, melted unsalted butter, eggs, lemon juice, and vanilla. Blend until smooth.
 4. Mix dry ingredients: In a large bowl, whisk together all-purpose flour, baking powder, baking soda, and fine sea salt.
 5. Combine: Pour the blended wet mixture over the dry ingredients and stir just until combined.
 6. Portion batter: Spoon about 2 tablespoons of plain batter into each muffin cup. Gently fold the blueberries into the remaining batter with a single stir, then divide this blueberry batter among the cups, filling until heaping.
 7. Top and bake: Sprinkle the lemon sugar over the muffins. Bake 5 minutes at 425°F, then (without opening the oven) reduce heat to 350°F and bake about 15 minutes more, until golden and a toothpick comes out clean.
 8. Cool: Let muffins cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.
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Tags: Muffins, Breakfast, Baking, Blueberry, High Protein, Kid Friendly

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