

Whole Wheat Blueberry Muffins with Freshly Milled Flour

Prep: 15 minutes • Cook: 25 minutes

Tender whole-wheat muffins studded with juicy blueberries and crowned with a buttery cinnamon streusel, offering a wholesome nuttiness and a delicate crunch in each bite.

Ingredients

- 2 cups (280 g) soft white wheat flour (freshly milled)
- 1 cup (192 g) granulated sugar
- 2 teaspoons (8 g) baking powder
- 1/2 teaspoon (3 g) salt
- 2 eggs
- 1/2 cup (113 g) unsalted butter (melted)
- 1 teaspoon (5 g) vanilla extract
- 1/4 cup (61 g) milk
- 1 cup blueberries (fresh or frozen; do not thaw if frozen)
- 1/4 cup (35 g) soft white wheat flour (for streusel)
- 1 tablespoon (13 g) brown sugar
- 1 tablespoon (12 g) granulated sugar (for streusel)
- 1/4 teaspoon ground cinnamon
- pinch salt (for streusel)
- 2 tablespoons (28 g) unsalted butter (for streusel) (cold)

Instructions

1. Preheat oven to 375°F (190°C). Line a 12-cup muffin pan with paper liners or grease well.
2. Make the streusel: In a small bowl, combine 1/4 cup flour, brown sugar, granulated sugar, cinnamon, and a pinch of salt. Cut in the cold butter until dime-sized crumbs form; set aside.
3. In a large bowl, whisk together the flour, sugar, baking powder, and salt.
4. In a separate bowl, whisk the eggs, melted butter, vanilla, and milk until well combined.
5. Pour the wet ingredients into the dry and stir gently just until no dry streaks remain; do not overmix.
6. Fold in the blueberries gently to avoid bursting.
7. Divide batter among prepared muffin cups, filling about 2/3 full.
8. Sprinkle streusel evenly over the tops of the muffins.

9. Bake 22–25 minutes, until golden and a toothpick inserted in the center comes out clean.
10. Cool in the pan briefly, then transfer to a wire rack to cool slightly. Serve warm or at room temperature.

Tags: Muffins, Blueberry, Whole Wheat, Breakfast, Freshly Milled Flour, Baked Goods

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