

Three-Berry Muffins

Prep Time: 15 Min Cook Time: 20 Min Total Time: 35 Min

There is a berry in every bite! I made jumbo muffins and doubled the below recipe because I like to share plus keep a stock in the freezer. This standard recipe will make 12 standard muffins. A double recipe will make 12 jumbo muffins or approx 24 standard muffins. One jumbo muffin easily satisfies two people.

Ingredients

For the Muffins

- 2 cups all-purpose flour
- 1 Tbs baking powder
- 1/2 teaspoon sea salt
- 1/2 cup granulated sugar
- 3 Tbs grated lemon peel
- 1 egg, beaten
- 1 cup milk - we use skim
- 1/3 cup unsalted butter, melted
- 2 tsp lemon extract
- 1/2 cup chopped pecans, optional (we make the muffin with or without, and both are delicious)
- 1/2 cup fresh blueberries
- 1/4 cup fresh blackberries, quartered
- 1/4 cup fresh raspberries, halved

For the Topping

- 1/3 cup granulated sugar
- 1/3 cup all-purpose flour
- 1/4 tsp sea salt
- 1/4 tsp cinnamon
- 3 Tbs unsalted butter, cold

Instructions

For the Muffins

1. Preheat oven to 400°F. I found that with the jumbo muffins, 350°F worked better with an increased bake time.
2. Combine together the flour, baking powder, salt, sugar, and grated lemon peel. Use a whisk to sift together.

3. Add the beaten egg, milk, melted butter, and lemon extract. Using a wooden spoon or spatula, slowly and gently combine the wet ingredients into the flour mixture.
4. Add the berries, and pecans if using, and gently fold into the batter. Make sure everything is incorporated, but don't over mix.
5. Spray muffin tins with baking spray, or use paper liners. Using a spoon or scoop (easy method), fill the muffin tins.
6. Sprinkle the topping evenly over the muffins.
7. Bake approximately 20 minutes. If baking jumbo muffins, bake at 350°F for 30 minutes. Times may vary depending on the oven.

For the Topping

1. Mix together the first four ingredients.
2. Cut the butter into small cubes.
3. Combine with the dry mixture using a pastry cutter or your fingers. We find the finger method works best. You can also use a mini chopper or food processor, but it's a small amount to bother with the cleanup.

Nutrition Facts

Calories	Fat	Sat. Fat	Carbs
446.79	12.31 g	5.65 g	81.69 g
Fiber	Net carbs	Sugar	Protein
1.78 g	79.92	60.48 g	5.08 g
Sodium	Cholesterol		
285.95 mg	38.59 g		

Nutritional info is an approximate based on general ingredients. For instance, if you substitute 2% or whole milk for skim, then your calorie, fat, and other counts will be higher. If you are counting calories, sugar, carbs, etc, then please use your best judgement based on the ingredients you use.