



## Blueberry muffins #healthy

Preparation : 10 minutes | Cook : 20 minutes approx.

For about 10 muffins :

- 180g of wheat flour
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground vanilla
- a pinch of salt
- 1 teaspoon baking soda
- 1 egg
- 1 pot of plain Greek yoghurt (125g)
- 50 ml coconut oil (reheat if it has solidified) or olive oil if you do not like the smell of coconut
- 50g grown sugar
- about 50 to 100g of fresh or frozen blueberries (do not defrost them, it is not necessary)



### *Preparation:*

1/ Preheat the oven to 180°C and oil the moulds if necessary.

*If you have a food processor, mix all ingredients except blueberries and proceed to step 5.*

2/ In a large bowl, add the flour, sugar, cinnamon, vanilla, a pinch of salt and baking soda and mix well the dry ingredients.

3/ In another bowl, mix the liquid ingredients: oil, eggs and the Greek yogurt.

4/ Gradually add the liquid preparation to the bowl of dry ingredients, mix with a large spoon until a homogeneous mixture is obtained.

5/ The batter must be very thick to prevent the blueberries from falling off during cooking. (The consistency of the batter can differ depending on the yogurt, you can add flour if needed).

6/ Lightly flour the blueberries with 1 teaspoon in a bowl.



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7/ Add the blueberries and gently mix with a spoon.

8/ Pour the mixture into the muffin cups. Be careful not to exceed the  $\frac{2}{3}$  of the mould in height.

9/ Bake the muffins for about 20 minutes (depending on the ovens), or until golden brown. Insert the tip of a knife to check the baking inside the muffins.

These muffins can be stored in the refrigerator for 5 days, you can also freeze them if you prefer.

*Bon appétit!*