Blueberry Muffins

2 cups all-purpose flour

1 Tablespoon baking powder

½ teaspoon of salt

1 large egg

1 cup sugar

4 Tablespoons unsalted butter, melted and cooled slightly

1 ¼ cups sour cream

8 oz. frozen blueberries

(add 2 TBL of lemon extract to the wet ingredients if you want lemon blueberry)

(or 6-7 oz ripe banana & 1.5 – 2 ounces of walnuts toasted 3 minutes in the toaster oven)

(or 4 oz of chocolate chips, 3 oz of roasted pecans and 1.5 ounces of coconut toasted 3 minutes in the toaster oven.)

**Always put add-on dry ingredients (blueberries, pecans, bananas, walnuts, et. al.) in the flour mixture.**

1. Adjust oven rack to middle position and preheat oven to 350° F.
2. Grease a 12-cup muffin tin and set aside. (I use butter for this.)
3. Whisk the flour, baking powder and salt in a medium bowl until combined.
4. Whisk the egg is a second bowl until well combined (about 20 seconds).
5. Add sugar to egg and whisk vigorously until thick and homogeneous (about 30 seconds).
6. Add melted butter in 2-3 additions to egg/sugar mixture, whisking to combine after each addition.
7. Add the sour cream in two additions, whisking just to combine.
8. Add the frozen blueberries to the dry ingredients and gently toss to combine.
9. Add the sour cream mixture and fold with a spatula, until the batter comes together, and the berries are evenly distributed (about 30 seconds). Try not to overmix.
10. Fill the muffin tin (I usually get 12 muffins from this recipe) and bake 40-45 minutes. Muffins should be golden brown.
11. Invert the muffins onto a wire rack, stand upright and let cool for five minutes.