HIGH-ALTITUDE BLUEBERRY MUFFINS

5,000 FT

Adapted for 5,000 ft elevation • Makes 12 muffins

Adapted for altitude from **Benjamin Delwiche**, *Dessert Course*
https://sites.prh.com/dessert-course

BAKE TEMP	BAKE TIME	PORTION	YIELD
400°F (205°C)	**~20 mins (check at 15)**	**¼ cup (#16 scoop)**	**12 muffins**

> ***Don't overmix:*** Fold the dry ingredients into the wet just until combined. A few small streaks of flour are fine. Overmixing develops gluten and gives you tough, tunneled muffins.

Ingredients

DRY INGREDIENTS

- **2 cups (280g)** all-purpose flour
- **1¼ tsp** baking powder
- **¼ tsp** baking soda
- **½ tsp** table salt

WET INGREDIENTS

- **140g (⅔ cup + 1 tbsp)** granulated sugar
- **¼ cup (84g)** honey
- **190g (¾ cup + 1 tbsp)** buttermilk
- **½ cup (100g)** vegetable oil
- **2 large eggs**
- **1 tsp** vanilla extract

FOLD-IN & TOPPING

- **1 cup (170g)** wild blueberries, fresh or frozen
- **¼ cup (50g)** turbinado sugar, for topping

Instructions

1. Preheat oven to 400°F. Line a 12-cup muffin pan with paper liners.
2. In a medium bowl, whisk together the flour, baking powder, baking soda, and salt.
3. In a separate large bowl, whisk the granulated sugar, honey, buttermilk, oil, eggs, and vanilla until well combined.
4. Add the dry ingredients to the wet. Fold gently with a spatula **just until combined**. A few streaks of flour are fine; do not overmix.
5. Gently fold in the blueberries. If using frozen, do not thaw them first.
6. Divide the batter evenly among the 12 cups, about ¼ cup each (#16 scoop).
7. Sprinkle the tops with turbinado sugar.
8. Bake at 400°F for about 20 minutes, checking at 15. Muffins are done when the tops are golden and a toothpick in the center comes out clean or with a few moist crumbs.
9. Cool in the pan for about 5 minutes, then transfer to a wire rack.