

## Gluten-Free Blueberry Scone Muffins



Level: Easy

Prep Time: 15 minutes

Serves: 12

Cook Time: 15-17 minutes

### *Dry Ingredients:*

2 cups gluten-free all-purpose flour (see Notes)

$\frac{1}{4}$  cup white granulated sugar

$1\frac{1}{2}$  tsp. gluten-free baking powder (see Notes)

$\frac{1}{2}$  tsp. table salt

$\frac{1}{2}$  tsp. baking soda

### *Wet Ingredients:*

$\frac{2}{3}$  cup cultured lowfat buttermilk

$\frac{1}{2}$  cup sour cream

2 large eggs

3 Tbsp. unsalted butter, melted



### *Other Muffin Ingredients:*

1 cup fresh blueberries, washed and dried

$\frac{1}{4}$  cup dried wild blueberries

$\frac{1}{4}$  cup dried cranberries

(i.e. Craisins®)

### *For Garnish (after baking):*

2 Tbsp. unsalted butter, melted

About 1 to  $1\frac{1}{2}$  Tbsp. turbinado sugar

Preheat oven to 400°. Grease twelve 2 $\frac{1}{2}$ -inch muffin cups with unsalted butter. Set aside.

In a large bowl, mix the dry ingredients until combined. Make a well in the center of the flour mixture. Set aside. In a small bowl, whisk together the wet ingredients until combined. Add the wet ingredients to the well in the dry ingredients. With a wooden spoon, stir together the wet and dry ingredients until just moistened and combined. The batter will be thick and lumpy and even have a few small bits of flour. Gently fold in the other muffin ingredients using a light touch just until fruits are evenly distributed. Do not overmix. With an ice cream scoop or large spoon, fill the muffin cups about  $\frac{3}{4}$  full. Bake for 15 to 17 minutes, or until the tops are golden brown or when a toothpick inserted in the middle of a muffin comes out clean. Brush the tops with the 2 Tbsp. melted unsalted butter, then sprinkle on turbinado sugar. Cool the muffins in the pan on a wire rack for 5 minutes. After 5 minutes, remove the muffins from the pan and place on wire rack to cool completely. (If you remove the muffins right after baking they may break apart. Leave them in the pan too long, and they may become soggy.) Best eaten warm and on the day made.

### Notes:

- I used Arrowhead Mills™ Organic Gluten-Free All Purpose Flour & Clabber Girl® Baking Powder.
- Recipe adapted from Better Homes and Gardens Annual Recipes 2014; Uber-Berry Muffins, page 99.