



# BLUEBERRY LEMON SPROUTED WHOLE WHEAT MUFFINS

YIELDS: 12 REGULAR MUFFINS, OR 8-10 LARGE MUFFINS

These muffins are made healthy with the help of our sprouted whole wheat flour, and naturally sweetened with honey. You can't go wrong with berries and citrus, so we used the classic combination of blueberry and lemon. They are perfect for a lunch-box snack, or even shared with friends over a cup of tea.



## Ingredients

- 1 ¾ Cup + 1 tsp Anita's Organic Sprouted Whole Wheat Flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp fine sea salt
- ¼ tsp ground cinnamon
- ½ cup melted coconut oil
- ½ cup honey
- 2 eggs, room temperature
- 1 cup buttermilk
- 2 tsp vanilla extract
- 1 cup (6 ounces) blueberries, fresh or frozen
- 1 tbsp turbinado sugar
- zest of 2 lemons

## Instructions

1. Preheat the oven to 400 degrees Fahrenheit. If necessary, grease all cups in muffin tin with butter, or another oil cooking oil.
2. In a large mixing bowl, combine 1 ¾ cups of the flour with the baking powder, baking soda, salt and cinnamon. Mix them together with a whisk.
3. In a medium mixing bowl, combine the oil and honey, and beat together with a whisk. Add the eggs and beat well, then add the buttermilk and vanilla. Mix well. (If the coconut oil solidifies in contact with cold ingredients, warm the mixture in the microwave in 30 second increments.
4. Pour the wet ingredients into the dry and mix with a big spoon, just until combined (a few lumps are ok). In a small bowl, add the blueberries with the remaining 1 teaspoon flour (this helps prevent the blueberries from sinking to the bottom). Gently fold the blueberries into the batter. The mixture will be thick.
5. Divide the batter evenly between the 12 muffin cups. Sprinkle the tops of the muffins with turbinado sugar. Bake the muffins on the top rack. This will help create a nice hard muffin top while keeping the bottom from overcooking or burning. Cook at 400F for 5 mins, then turn down to 350F for another 15-20 minutes, for larger muffins, or 12-18 minutes for smaller muffins.

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