



## Blackberry, Lemon, and Thyme Muffins

READY IN



45 min.

SERVINGS



8

CALORIES



357 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.8 teaspoon baking soda
- ☐ 1 cup buttermilk
- ☐ 1 cup cake flour
- ☐ 1 large egg yolk
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon thyme sprigs fresh chopped
- ☐ 1 teaspoon kosher salt

- ☐ 2 tablespoons lemon zest finely grated
- ☐ 1 cup sugar
- ☐ 0.5 cup butter unsalted room temperature (1 stick)
- ☐ 1 teaspoon vanilla extract

## Equipment

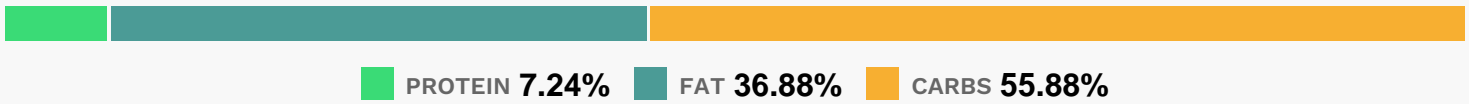
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ hand mixer

## Directions

- ☐ Whisk first 5 ingredients in a medium bowl.
- ☐ Add butter. Using your fingertips, rub in butter until pea-size lumps form.
- ☐ Add egg yolk; stir to evenly distribute and form moist clumps. (Crumble should resemble a mixture of pebbles and sand.) Chill for at least 1 hour. DO AHEAD: Can be made 3 days ahead. Cover and keep chilled.
- ☐ Preheat oven to 325°F. If making standard-size muffins, line 16 1/3-cup molds with paper liners.
- ☐ Whisk 1 cup all-purpose flour and next 4 ingredients in a medium bowl. Using an electric mixer, beat butter until pale and creamy, about 2 minutes.
- ☐ Add sugar and continue to beat until well incorporated, 2–3 minutes longer.
- ☐ Whisk eggs and vanilla in a small bowl to blend; gradually beat into butter mixture. Continue beating until light and fluffy, 3–4 minutes.
- ☐ Combine buttermilk and lemon zest in a small bowl; gradually beat into butter mixture.
- ☐ Add dry ingredients; beat just to blend (do not overmix).
- ☐ Toss blackberries and thyme with 2 tablespoons flour in another small bowl; fold into batter, gently crushing berries slightly to release some juices. Spoon about 2/3 cup batter into large

- paper muffin molds, or divide between prepared muffin pans. Top each large muffin with 2 tablespoons crumble or each small muffin with 1 rounded tablespoon crumble.
- ☐ Bake until tops are golden brown and a tester comes out clean when inserted into center, about 50 minutes for large muffins and 40 minutes for standard-size muffins.
  - ☐ Let cool in pan at least 20 minutes, then transfer muffins to a wire rack to cool.
  - ☐ Serve warm or at room temperature. DO AHEAD: Can be made 1 day ahead. Store cooled muffins airtight at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:47.51, Glycemic Load:34.01, Inflammation Score:-5, Nutrition Score:6.9782608332841%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

## Nutrients (% of daily need)

Calories: 357.24kcal (17.86%), Fat: 14.75g (22.7%), Saturated Fat: 8.52g (53.23%), Carbohydrates: 50.3g (16.77%), Net Carbohydrates: 49.31g (17.93%), Sugar: 26.7g (29.66%), Cholesterol: 103.25mg (34.42%), Sodium: 499.15mg (21.7%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 6.52g (13.04%), Selenium: 17.94µg (25.63%), Vitamin B2: 0.22mg (12.88%), Manganese: 0.24mg (12.2%), Folate: 44.96µg (11.24%), Vitamin B1: 0.16mg (10.65%), Phosphorus: 105.4mg (10.54%), Vitamin A: 515.13IU (10.3%), Calcium: 85.22mg (8.52%), Iron: 1.28mg (7.11%), Vitamin D: 0.97µg (6.45%), Vitamin B3: 1.13mg (5.67%), Vitamin B5: 0.53mg (5.28%), Vitamin B12: 0.31µg (5.25%), Vitamin E: 0.61mg (4.08%), Fiber: 0.99g (3.97%), Zinc: 0.59mg (3.94%), Copper: 0.08mg (3.82%), Magnesium: 13.06mg (3.27%), Potassium: 101.14mg (2.89%), Vitamin C: 2.34mg (2.83%), Vitamin B6: 0.06mg (2.81%), Vitamin K: 1.23µg (1.17%)