



Salted Honey Crumble Blueberry Muffins

 Vegetarian

READY IN



90 min.

SERVINGS



12

CALORIES



313 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 cups blueberries fresh
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 3 tablespoons honey light (use a mild, varietal)
- ☐ 4 tablespoons r honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.5 cup brown sugar light

- ☐ 0.5 cup milk
- ☐ 1 cup sugar
- ☐ 0.5 cup butter unsalted softened
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ hand mixer
- ☐ spatula
- ☐ muffin liners

Directions

- ☐ For the salted honey crumble: In the bowl of an electric mixer fitted with the paddle attachment, combine the brown sugar, butter, clover honey and vanilla; beat on medium-high speed until light and fluffy, about 2 minutes.
- ☐ Add the flour and salt.
- ☐ Mix on low speed just until the mixture comes together and develops a sandy texture. Refrigerate in an airtight container for at least 30 minutes.
- ☐ For the muffins: Preheat oven to 350 degrees. Butter 12 muffin cups and dust with flour. In a small bowl combine the flour, baking powder and salt.
- ☐ In the bowl of an electric mixer fitted with the paddle attachment, cream together sugar, butter, honey and vanilla.
- ☐ Add eggs one at a time and mix well; stir in milk.
- ☐ Add the dry ingredients and mix just until combined.
- ☐ Remove the bowl from the mixer and gently fold in blueberries using a rubber spatula. Scoop the mixture into the prepared muffin cups, filling them about three-fourths full.
- ☐ Sprinkle each top with 1 tablespoon of the salted honey crumble.
- ☐ Bake on the center rack of oven until golden, about 30 to 35 minutes.

Nutrition Facts



■ PROTEIN 4.79% ■ FAT 25.57% ■ CARBS 69.64%

Properties

Glycemic Index:34.97, Glycemic Load:29.94, Inflammation Score:-4, Nutrition Score:5.7830434363821%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg, Petunidin: 7.78mg Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg, Delphinidin: 8.74mg Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg, Malvidin: 16.67mg Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg, Peonidin: 5mg Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg, Catechin: 1.3mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg, Quercetin: 1.89mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 313.28kcal (15.66%), Fat: 9.13g (14.04%), Saturated Fat: 5.35g (33.42%), Carbohydrates: 55.93g (18.64%), Net Carbohydrates: 54.75g (19.91%), Sugar: 38.66g (42.96%), Cholesterol: 52.56mg (17.52%), Sodium: 188.22mg (8.18%), Alcohol: 0.11g (100%), Alcohol %: 0.13% (100%), Protein: 3.85g (7.69%), Selenium: 10.24µg (14.63%), Manganese: 0.25mg (12.28%), Vitamin B1: 0.18mg (12.15%), Folate: 44.14µg (11.04%), Vitamin B2: 0.18mg (10.38%), Iron: 1.38mg (7.68%), Calcium: 71.83mg (7.18%), Phosphorus: 69.98mg (7%), Vitamin B3: 1.38mg (6.9%), Vitamin A: 311.15IU (6.22%), Vitamin K: 5.54µg (5.28%), Fiber: 1.18g (4.72%), Vitamin B5: 0.32mg (3.18%), Copper: 0.06mg (3.1%), Vitamin E: 0.47mg (3.1%), Vitamin C: 2.45mg (2.97%), Vitamin D: 0.42µg (2.8%), Potassium: 89.85mg (2.57%), Zinc: 0.38mg (2.5%), Vitamin B6: 0.05mg (2.47%), Magnesium: 9.77mg (2.44%), Vitamin B12: 0.15µg (2.42%)