

Blueberry Lavender Lemon Muffins

Ingredients

For the Muffins

- 5 tablespoons unsalted butter, cold is fine
- ½ cup sugar
- ½ teaspoon dried lavender buds
- Finely grated zest from ½ a lemon
- ¾ cup plain unsweetened yogurt or sour cream
- 1 large egg
- 1 ½ teaspoons baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon fine sea or table salt
- 1 ½ cups all-purpose flour
- 1 ¼ to 1 ½ cups blueberries, fresh or frozen (no need to defrost if frozen)
- ¼ cup of flour to dust the frozen blueberries before folding them into the batter (if using frozen only)

For the Crumb Topping

- ½ cup all-purpose flour
- 1 ½ tablespoons light brown sugar
- 1 tablespoon granulated sugar or honey granules
- ½ teaspoon baking powder
- Pinch of salt
- 3 tablespoons unsalted butter, melted

Method

1. Preheat the oven to 425°F. Line 10 muffin cups with paper or foil liners, or spray muffin tins with cooking spray.
2. In a medium bowl, combine the crumb topping ingredients - flour with the brown sugar, granulated sugar, baking powder and salt. Stir in the melted butter, then pinch the mixture until it forms pea-size clumps and set aside. Add more flour if needed to achieve a crumb texture and then set aside.
3. Combine the dried lavender, sugar and zest of one lemon. You can use your clean and dry hands to massage the lavender into the sugar to infuse it or give it a whirl pulsing it a few times in any high-power blender or food processor.
4. Melt butter in a large bowl and whisk in the sugar, lavender mixture, yogurt and egg until smooth.
5. Whisk in baking powder, baking soda and salt until fully combined.
6. If using frozen berries, lightly dust or toss them in all purpose flour. This will help prevent them from sinking to the bottom of the pan. Gently fold the flour and the berries into the batter. The batter will be thick like cookie dough.
7. Place the batter in the refrigerator for one hour to let it rest. (See tips above for the reasoning)
8. Divide batter between prepared muffin cups using a scoop for even distribution. Sprinkle each generously with crumb topping.
9. Bake at 425°F for 6 minutes (roughly 6-9 minutes). If they have risen above the paper liner 1/4 to 1/2 inch, it's time to turn temp to 350°F for 10-15 more minutes (time varies depending on oven.) Cook until tops are golden and a tester inserted into the center of muffins comes out nearly clean.
10. Remove and let cool in pan for 2 minutes, then remove carefully to a cooling rack to cool the rest of the way.

