Blueberry Lemon Muffins

Makes 12 muffins.

This recipe represents fond childhood memories for me. Growing up in Southern California, my parents would take me and my sister to the beach every weekend in the summer. We would get there early to beat the crowds, so my mother would bring these muffins for breakfast. She always packed them in a flimsy dress box lined with waxed paper and they would always get JUST a little sand in them. We didn't care, well, my sister did.... We ate them happily anyway. Nowadays we make them at Easter, and my girls make them when we go to the beach for my birthday. So for me, these muffins represent warm fuzzy family memories. For you, I hope they will be a nice treat. Keep in mind, these are real muffins, not cake masquerading as muffins, so they are not overly sweet - even with the magical melted butter and sugar topping. For extra crunch, try adding a little sand. You know I'm kidding.....or not.....

1 3/4 cups all purpose flour
1/2 cup sugar
2 1/2 teaspoons baking powder
3/4 teaspoon salt
1 egg, beaten
3/4 cup milk
1/3 cup vegetable oil
1/2 cup sour cream
1 teaspoon grated lemon rind
1 cup frozen blueberries
2 Tablespoons sugar

For the topping:
melted salted butter (about 6 Tbsp.)
granulated sugar (about 1/2 cup)

Preheat your oven to 375° Fahrenheit. Stir together the dry ingredients into a mixing bowl. Make a well in the center and add all at once the milk, egg, and oil. Stir just until dry ingredients are moistened. Add the sour cream. Now comes the tricky bit - be sure to keep your blueberries frozen up to the very last moment. Toss the blueberries in the 2 Tbsp. sugar and gently stir into the batter along with the lemon peel. Do not over mix or you will have purple muffins. Fill muffin tins lined with paper liners or greased with butter, 3/4 full.

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Bake about 25 minutes, or until the top springs back when gently poked with your finger. Turn out onto a cooling rack and let cool about 10 minutes. Put the melted butter in a bowl just big enough for a single muffin, and the sugar in a similar bowl. Dip the tops of each muffin in butter, then in sugar.

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