
Blueberry Streusel Muffins

The Essential Southern Living Cookbook

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

1/4 cup slivered almonds
1/4 cup firmly packed brown sugar
3 tablespoons all-purpose flour, divided
2 tablespoons butter or margarine
1/2 cup uncooked regular oats
2 cups all-purpose flour
1/2 cup granulated sugar
2 teaspoons baking powder
1/4 teaspoon baking soda
1/4 teaspoon table salt
2 teaspoons lemon zest
3/4 cup buttermilk
1/4 cup oil
1 large egg
1 1/2 cups fresh or frozen blueberries

Preheat the oven to 400 degrees.

In a blender or food processor, pulse the almonds two or three times until chopped. Add the brown sugar and one tablespoon of flour. Process for 5 seconds. Add the butter. Pulse five or six times, or until the mixture is crumbly. Stir in the oats. Set aside.

In a large bowl, combine two cups of flour, granulated sugar, baking powder, baking soda, salt and lemon zest. Make a well in the center of the flour mixture.

In a bowl, whisk together the buttermilk, oil and egg. Add to the flour mixture, stirring just until moistened.

In a bowl, gently toss the blueberries with the remaining two tablespoons of flour. Gently fold into the batter. Spoon the batter into greased muffin pans, filling two-thirds full. Sprinkle the batter with the oat mixture.

Bake in the preheated oven until golden brown, 15 to 20 minutes. Remove immediately from the pans to cool on wire racks.

Yield: 12 muffins

Bread, Muffins

Per Serving (excluding unknown items): 2642 Calories; 106g Fat (35.7% calories from fat); 48g Protein; 381g Carbohydrate; 10g Dietary Fiber; 281mg Cholesterol; 2400mg Sodium. Exchanges: 14 Grain(Starch); 1 1/2 Lean Meat; 0 Fruit; 1/2 Non-Fat Milk; 19 1/2 Fat; 10 1/2 Other Carbohydrates.