

Healthy Blueberry Muffins

Course: **Muffins, Snack, Breakfast**

Servings	Prep time	Cooking time	Total time
12 servings	10 minutes	20 minutes	30 minutes

Ingredients

For the Muffins:

- 220g (1 ¾ cups) whole wheat or spelt flour
- 1 tsp baking powder
- ½ tsp baking soda
- ½ tsp fine sea salt
- ¼ tsp ground cinnamon (optional)
- 80ml (⅓ cup) melted coconut oil or extra-virgin olive oil
- 120ml (½ cup) honey or maple syrup
- 2 large eggs (room temperature)
- 240g (1 cup) plain Greek yogurt
- 2 tsp vanilla extract
- 150g (1 cup) blueberries (fresh or frozen)

For the Crumble Topping:

- 25g (¼ cup) rolled oats
- 25g (¼ cup) whole wheat or spelt flour
- 15g (2 tbsp) coconut sugar or brown sugar
- 30ml (2 tbsp) melted coconut oil or butter
- 0.5g (¼ tsp) ground cinnamon

Directions

1 Step 1: Prep Your Ingredients

Preheat your oven to **200°C (400°F)**.
Line a **12-cup muffin tin** with paper liners or lightly grease it with oil.

2 Mix the Dry Ingredients:

In a large bowl, whisk together the **flour, baking powder, baking soda, salt, and cinnamon**. This creates a light and airy texture for your muffins!

3 Combine the Wet Ingredients: In a separate bowl, whisk together the **melted coconut oil, honey (or maple syrup), eggs, Greek yogurt, and vanilla extract** until smooth.

This ensures even sweetness and moisture in every bite.

4 Fold in the Blueberries: Toss the blueberries in **a teaspoon of flour** before adding them to the batter.

This prevents them from sinking to the bottom of the muffins.

5 Make the Crumble Topping: In a small bowl, mix the **oats, almond flour, coconut sugar, cinnamon, and melted coconut oil** until crumbly. This adds that irresistible crunchy texture on top!

6 Assemble & Bake: Divide the batter evenly into the **muffin tin** (fill each cup about $\frac{3}{4}$ full).

Sprinkle the **crumble topping** generously over each muffin. Bake at **200°C (400°F) for 5 minutes**, then **reduce heat to 180°C (350°F) and bake for another 13–17 minutes**.

This temperature trick helps the muffins rise beautifully.

7 Cool & Enjoy: Let the muffins cool in the tin for **5 minutes**, then transfer to a wire rack.

Enjoy warm or store for later!