

Fruit Explosion Muffins Recipe

Ingredients

- 2 cups light sour cream (or 0% Greek yogurt)
- 1 cup canola oil
- 4 large eggs
- 1 teaspoon vanilla
- 2 cups sugar
- 2 cups all purpose flour
- 2 cups whole wheat flour
- 1½ teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 4 cups berries of choice, fresh or frozen*
- ¾ cup jam or jelly

Instructions

1. Preheat oven to 350 degrees F and line muffin pans with paper liners (or grease well).
2. In a large bowl, whisk together sour cream, oil, eggs and vanilla. Add in sugar until combined completely.
3. Add flours, baking powder, baking soda, and salt and stir until combined. Carefully stir in berries.
4. Spoon 1 tablespoon of batter into the bottom of each liner, spreading it out to cover the bottom completely. Top with 1 teaspoon of jam and cover with remaining batter (about one heaping tablespoon per muffin cup), covering the jam with the batter.
5. Bake for 23-25 minutes, until light golden brown, toothpick comes out clean and batter around berries appears cooked. Cool to room temperature and serve.
6. Muffins can be stored at room temperature for 2-3 days or frozen for 3-4 months.

Source : allrecipes.com