

Raheel Mirza's

Blueberry, walnut and cinnamon muffin recipe



Ingredients

For the toppings:

- 2 tablespoons (40g) light or dark brown sugar
- 50g chopped walnuts
- 1 teaspoon ground cinnamon

For the muffins:

- 100g plain flour
- 120g wholemeal self-raising flour
- 1 teaspoon bicarbonate of soda
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 115g softened or slightly melted unsalted butter
- 100g golden caster or granulated sugar
- 50g light or dark brown sugar
- 2 eggs
- 125g vanilla flavoured yoghurt
- 2 teaspoons vanilla extract or vanilla bean paste
- 60ml whole milk
- 120g blueberries

Equipment:

- Silicone muffin cases or cupcake tray. Line each hole with grease proof paper or lightly butter.

Instructions

- 1** Mix all the topping ingredients together and set aside.

- 2** Whisk all the flour, bicarbonate of soda, baking powder, and salt together in a large bowl and set aside.

- 3** Using a handheld or stand mixer, beat the butter, granulated sugar, and brown sugar together on high speed until smooth and creamy. Add the eggs one at a time, beating well after each addition.

- 4** Beat in the yoghurt and vanilla extract until combined.

- 5** Add the dry ingredients and milk into the wet ingredients and mix with a spatula until combined. Finally, gently fold in the blueberries.

- 6** Spoon the batter into the cases, filling them $\frac{3}{4}$ full. Sprinkle over the brown sugar topping on each one, gently pressing it down into the surface so it sticks.

- 7** Bake for an initial 5 minutes at 210° (you can also use an air fryer on the bake function for these). Then reduce the oven temperature to 160° and bake for 15 minutes or until a toothpick inserted in the centre comes out clean.

- 8** Allow the muffins to cool for 5 minutes, then transfer to a wire rack to continue cooling.

- 9** Cover the muffins and store at room temperature for a few days or in the refrigerator for up to 1 week.

About Raheel Mirza

Raheel was born and bred in Nottingham and now lives in Sheffield with his wife and two daughters.

Raheel has appeared on Countdown, The Chase, The Weakest Link and MasterChef.

In 2021, Raheel broke the Guinness World Record for ‘the most people cooking simultaneously online’. A total of 832 people joined in from 5 continents.

Raheel has sold over a 1,000 copies of his first cookbook: Sugar, Spice & Stockpile – A Taste Pandemic, which showcases authentic Pakistani home cooked cuisine.



Instagram: [@raheelmirzacooking](https://www.instagram.com/raheelmirzacooking)