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Air Fryer Blueberry Muffins

Air fryer blueberry muffins are a cinch to make in the air fryer! Quick and easy and so delicious too!



Air Fryer Blueberry Muffins

Duration:

- Prep time: 15 MINUTES
- Cook time: 17 MINUTES
- Total time: 32 MINUTES
- Yield: MAKES 3

INGREDIENTS

- 1 egg
- ⅓ cup (65g) of sugar
- ⅓ cup (80 ml) of oil
- 2 tablespoon (30ml) water
- ¼ teaspoon (1.25ml) vanilla extract
- 1 teaspoon (5 ml) lemon zest
- ⅔ cup (80g) flour
- ½ teaspoon (2.5ml) baking powder
- Pinch of salt
- ½ cup (75g) of blueberries

INSTRUCTIONS

1. Mix together the wet ingredients and the zest. Set aside.
2. In a smaller bowl whisk together the dry ingredients. Add the dry ingredients to the wet ingredients.
3. Line 1 cup oven-safe ramekins with parchment jumbo muffins papers. Scoop batter into papers with an ice cream scoop.
4. Air fry at 350F(175C) for 15-17 minutes

NUTRITION INFORMATION:

YIELD: 3 SERVING SIZE: 1

Amount Per Serving: CALORIES: 39 TOTAL FAT: 3g SATURATED FAT: 1g TRANS FAT: 0g UNSATURATED FAT: 2g CHOLESTEROL: 62mg SODIUM: 68mg CARBOHYDRATES: 1g FIBER: 0g SUGAR: 1g