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BLUEBERRY BUTTERMILK MUFFINS

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- 2½ cups white flour or sprouted spelt
- 1½ tsp. baking powder
- ½ tsp. baking soda
- ¾ cup white sugar or maple sugar
- ¼ tsp. salt
- 2 eggs, beaten
- 1 cup buttermilk or soured raw milk
- ¼ cup butter, melted
- 1½ cup blueberries

Sift dry ingredients together in a large bowl. In another bowl, blend eggs, buttermilk and butter. Make a well in the center of the dry ingredients and pour in the wet, mixing quickly. Fold in the blueberries. Spoon batter into greased muffin cups and bake until golden brown. Bake at 400°F for 20-30 minutes or until they are golden and bounce back with touched. Makes 24 muffins.