



Blueberry Muffins

Makes 12

- ½ cup low fat milk
- ¼ cup oil
- 1 egg, slightly beaten
- 1 ½ cups flour
- ½ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¾ to 1 cup fresh, frozen or canned blueberries, drained

1. Mix milk and oil with the slightly beaten egg.
2. Lightly stir dry ingredients together.
3. Add dry ingredients to the egg and milk mixture.
4. Blend only until flour is moistened.
5. Add blueberries. If using frozen blueberries do not thaw before add to the batter. If using canned blueberries, be sure to drain off the juice and when stirring into batter, stir only about 5 stirs or the batter will turn gray in color.
6. Using a measuring cup, fill greased muffin cups or muffin liners about ¾ full or about ½ cup .
7. Bake at 400 degrees for 20 to 25 minutes or until the top of the muffin springs back if lightly touched.