

Blueberry Muffins

SAMPLE



From Your Home
Bakery Card 4

Group **15**



Serve these muffins warm with butter for tea, coffee break or as an after school snack.



Preparation time: 10 min.
Baking time: 25 min.



Oven temperature:
400°F



Microwave cooking:
see other side

For 12 muffins you will need:

- 1 $\frac{3}{4}$ cups all-purpose flour
- $\frac{1}{3}$ cup sugar
- 2 $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- 1 cup fresh or thawed frozen blueberries
- $\frac{3}{4}$ cup milk
- 1 egg
- $\frac{1}{3}$ cup melted butter or margarine

Preparation:

- 1** In a large bowl, combine flour, sugar, baking powder and salt. Stir in blueberries.
- 2** Add milk, egg and butter. Mix just until dry ingredients are moistened. The batter will be lumpy. Do not overbeat.
- 3** Spoon batter into twelve 2 $\frac{1}{2}$ -inch greased muffin cups.
- 4** Bake at 400°F for 25 minutes or until tops spring back when lightly touched. Serve warm.

QUICK & EASY

How to Microwave Blueberry Muffins



Microwave setting MEDIUM HIGH 70%/HIGH 100%
Microwave cooking
time 4 to 6 min.

For 12 muffins you will need:

- 1¾ cups all-purpose flour
- ½ cup sugar
- 2½ tsp. baking powder
- ½ tsp. salt
- 1 cup fresh or unfrozen frozen blueberries
- ¾ cup milk
- 1 egg
- ⅓ cup melted butter or margarine

Preparation:

- 1** In a bowl, combine flour, sugar, baking powder and salt. Add blueberries.
- 2** Add milk, melted butter and egg. Mix until dry ingredients are just moistened. Do not over beat.

- 3** Spoon batter into paper-lined microsafe baking or cupcake pan. Don't fill more than ¾ up.

- 4** Microwave at MEDIUM HIGH power for 3 minutes. Let rest for 3 minutes.

- 5** Microwave at HIGH power for another 2 to 3 minutes or until muffins are done. They will still be a little soft in the center. Let them rest in the pan for a couple of minutes.
- 6** Serve them warm with butter or honey.

PER SERVING		PERCENTAGE OF USRDA	
Calories	150	Protein	4.5%
Protein	2.9 g	Calcium	6.6%
Fat	6.2 g	Iron	3.5%
Carbohydrates	20.8 g	Vitamin A	4.9%
Sodium	226 mg	Vitamin C	2.9%

