Blueberry Muffins





From Your Home Bakery Card 4

Group



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:

- 13/4 cups all-purpose flour /3 cup sugar 2½ tsp. baking powder
- ½ tsp. salt
- 1 cup fresh or unthawed frozen blueberries
- ¾ cup milk
- 1 egg
- 1/3 cup melted butter or margarine

Preparation:

- In a large bowl, combine flour, sugar, baking powder and salt. Stir in blueberries.
- Add milk, egg and butter. Mix just until dry ingredients are moistened. The batter will be lumpy. Do not
- Spoon batter into twelve 2½-inch greased muffin cups.
- 4 Bake at 400°F for 25 minutes or until tops spring back when lightly touched. Serve warm.



How to Microwave

Blueberry Muffins





4 to 6 min.

For 12 muffins you will need:

- 1% cups all-purpose flour
- 1/3 cup sugar 2½ tsp. baking powder
- 1/2 tsp. salt
- 1 cup fresh or unthawed frozen blueberries
- ¾ cup milk
- 1 egg
- 1/3 cup melted butter or margarine

Preparation:

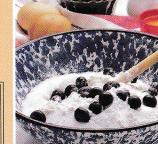
- 1 In a bowl, combine flour, sugar, baking powder and salt. Add blueberries.
- Add milk, melted butter and egg. Mix until dry ingredients are just moistened. Do not over beat.

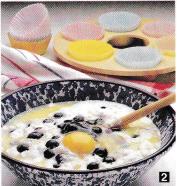
3 Spoon batter into paper-lined microsafe baking or cupcake pan. Don't fill more than ¾ up.

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







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

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