

Blueberry Muffins

Make your own muffins from scratch with this recipe. Enjoy with a glass of milk to fuel-up any time of day.

Makes: 12 servings

Ingredients

- ½ cup oil
- ¾ cup sugar
- 2 eggs
- ½ cup milk
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 2 cups blueberries?(fresh or frozen)



Directions

1. Preheat the oven to 375°F and grease the muffin pans.
2. In a large mixing bowl, stir the oil and sugar until creamy.
3. Add eggs, milk, and vanilla. Mix until blended.
4. In a medium mixing bowl, stir together the flour, baking powder, and salt.
5. Add the flour mix to the oil and sugar in the large bowl. Stir together.
6. Stir the blueberries into the batter.
7. Fill each muffin cup ? full with batter.

8. Bake for 25-30 minutes.

Recipe from: Pennsylvania Nutrition Education Network, adapted by the USDA Food and Nutrition Administration.

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