Blueberry Muffins

Ingredients:
- Non stick cooking spray
- 1/3 cup vegetable oil
- 1 cup sugar
- 2 eggs
- 1/2 cup skim milk
- 1 teaspoon vanilla
- 2 cups whole wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 2 cups blueberries, fresh or frozen

Equipment:
- Muffin Tin
- Paper liners
- Large mixing bowl
- Medium mixing bowl
- Large spoon or whisk
- Measuring spoons
- Measuring cups

Directions
1. Preheat the oven to 375ºF. Spray muffin pans with non stick spray or use paper liners.
2. In a large mixing bowl, beat the oil and sugar until creamy.
3. Crack one egg into a glass bowl and check for shells and freshness. If it is OK, add to sugar and oil mixture. Beat well and repeat for second egg.
4. Add milk and vanilla to bowl. Mix until blended. Set aside.
5. In a medium mixing bowl, stir together the flour, baking powder, and salt. Add the liquid mix to the dry mix in the large bowl. Stir together gently until moist. Lumps are OK.
6. Stir the blueberries into the batter. Fill each muffin cup 2/3 full with batter. Bake for 25 to 30 minutes.

Nutrition Facts
Serving Size: 1 muffin
Servings: 12
- Calories: 217
- Calories from Fat: 63
- Total Fat: 7g (11%)
- Saturated Fat: 1g (6%)
- Cholesterol: 36mg (12%)
- Sodium: 190mg (8%)
- Total Carbohydrate: 35g (12%)
- Dietary Fiber: 3g (12%)
- Protein: 4g (9%)
- Vitamin A: 2% RDA
- Vitamin C: 10% RDA
- Iron: 6% RDA
- Calcium: 7% RDA

*Percent Daily Values are based on a 2,000 calorie diet.