

## 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

Number of Servings: 12  
 Prep Time: 10 minutes  
 Total time: 35 minutes

### Directions

1. Preheat the oven to 375°F. 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.



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### Nutrition Facts

Serving Size: 1 muffin	
Servings: 12	
<b>Amount Per Serving</b>	
<b>Calories 217</b>	Calories from Fat 63
<b>%Daily Value*</b>	
<b>Total Fat 7g</b>	<b>11%</b>
Saturated Fat 1g	6%
<b>Cholesterol 36mg</b>	<b>12%</b>
<b>Sodium 190mg</b>	<b>8%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 3g	12%
<b>Protein 4g</b>	<b>9%</b>
Vitamin A 2%	Vitamin C 10%
Iron 6%	Calcium 7%

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

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