

Blueberry Muffins

June 2023 Recipe

Makes: 12 servings



Ingredients

½ cup vegetable oil
1 cup sugar
2 eggs
½ cup low-fat milk
1 tsp. vanilla
2 cups flour
2 tsp. baking powder
½ tsp. salt
2 cups blueberries (fresh or frozen)

Nutritional information for 1 serving

Calories	252
Total fat	10 g
Saturated fat	2 g
Cholesterol	32 mg
Sodium	195 mg
Carbohydrate	37 g
Dietary fiber	1 g
Total sugars	20 g
Added sugars included	16 g
Protein	4 g

Directions

- 1.** Preheat the oven to 375 F.
- 2.** Grease the muffin pans.
- 3.** In a large mixing bowl, stir the oil and sugar until creamy.
- 4.** Add the eggs, milk and vanilla. Mix until blended.
- 5.** In a medium mixing bowl, stir together the flour, baking powder and salt.
- 6.** Add the flour mix to the oil and sugar in the large bowl. Stir together.
- 7.** Stir the blueberries into the batter.
- 8.** Fill each muffin cup two-thirds full with batter.
- 9.** Bake for 25 to 30 minutes.