

Blueberry Muffins

12 servings • Category: Baking • Generated by Nutrifax

Ingredients

- 281 g Flour (wheat, all-purpose, enriched, bleached)
- 3/4 cup Sugars (granulated)
- 2 tsp Leavening agent (baking powder, double acting, phosphate)
- 1/2 tsp Salt (table)
- 73 g Oil (canola)
- 1 large Egg (whole, raw, fresh)
- 5/8 cup Milk (whole, 3.25% milkfat, with added vitamin D)
- 1 tsp Vanilla extract
- 148 g Blueberries (raw)

Instructions

1. Preheat oven to 375°F (190°C). Line a 12-cup muffin tin with paper liners.
2. In a large bowl, whisk together the flour, sugar, baking powder, and salt.
3. In a separate bowl, whisk the oil, egg, milk, and vanilla.
4. Pour the wet ingredients into the dry ingredients. Stir until just combined — the batter should still be slightly lumpy.
5. Gently fold in the blueberries.
6. Divide batter evenly among the 12 muffin cups (about 2/3 full each).
7. Bake for 20–24 minutes until the tops are golden and a toothpick comes out clean.
8. Cool in the pan for 5 minutes, then transfer to a wire rack.