

## BLUEBERRY MUFFINS



Oven temp: 400 F  
Time: 20-25 min.  
Yield: 10 muffins

### INGREDIENTS:

355 mL	Flour (250+80+25)
185 mL	Sugar (125+60)
2 mL	Salt
10 mL	Baking powder
80 mL	Oil
1	Egg, large
125 mL	Milk
2 mL	Vanilla
185 mL	Blueberries (125 + 60)
15 mL	Flour

### METHOD:

1. Center oven racks. Preheat oven to 400 F. Line muffin tins with baking liners.
2. Sift and measure flour, salt, sugar and baking powder into a **medium bowl**.
3. In a **glass liquid measure**, beat egg, oil and milk with a **fork**..
4. Make a well in the dry ingredients and add the liquid ingredients all at once.
5. Using a **rubber spatula** FOLD ingredients together just until blended.
6. In a **small bowl** mix together the blueberries and the 15 mL of flour.
7. **FOLD** them into the mixture **VERY GENTLY**. Do only 5 folds maximum.
8. Use your **25 mL spoon** and your **rubber spatula** to fill the prepared muffin tins  $\frac{3}{4}$  full.
9. **Bake 23-25 minutes**. Halfway through cooking pull muffins tins out and switch sides and turn the backs to the front for even cooking.
10. Remove from oven. Do **spring back test**. Let cool 5 mins before eating.