

Blueberry Muffins

3/4 cup milk

1/2 cup vegetable, or canola oil

1 egg

2 cups all-purpose flour*

1/3 cup sugar

3 teaspoons baking powder

1 teaspoon salt

1 cup fresh blueberries or three fourth cup frozen blueberries

Heat oven to 400 degrees. Grease bottoms only of 12 medium muffin cups. Beat milk, oil and egg. Stir in flour, sugar, baking powder and salt all at once, just until flour is moistened (batter will be slightly lumpy). Fold in blueberries. Divide batter among muffin cups. Sprinkle with sugar if desired. Bake until golden brown, 18 to 20 minutes. Immediately remove from pan. Yields 1 dozen muffins; 195 calories per muffin.

*If using self-rising flour, omit baking powder and salt.



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