

Blueberry Muffins

Ingredients

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 cup sugar
- 2 tsp baking powder
- 1/8 tsp salt
- 1/8 tsp cinnamon
- 2 large eggs
- 1/2 cup vegetable oil
- 3/4 cup 1% milk
- 1 tbsp vanilla extract
- 2 cups fresh blueberries

Notes

Number of Portions: 16

Serving Size: 1 each

Nutrition Facts: 190 calories,
7.83 g fat, 1.32 g saturated fat, 78
mg sodium, 27.51 g
carbohydrate, 1.47 g fiber, 15.1 g
sugar, 3.11 g protein

Directions

1. Preheat Convection oven to 325°F or Conventional oven to 350°F.
2. Line muffin tins with paper cups then set aside.
3. In a small bowl, combine flour, sugar, baking powder, salt and cinnamon, then set aside.
4. In a mixing bowl or mixer, beat eggs, oil, milk, and vanilla together until fully incorporated then stir in blueberries. Gently mix in dry mixture.
5. Portion batter into paper-lined muffin tins using #16 scoop or fill 2/3 of the way full.
6. Bake for 25 to 30 minutes. Let cool, then sprinkle with powdered sugar if desired.