



Blueberry Muffins

Makes 12 servings
Serving Size: 1 muffin
Ingredients

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1/3 cup vegetable oil
1 cup sugar
2 eggs
1/2 cup skim milk
1 teaspoon vanilla
2 cups whole wheat flour
2 teaspoons baking powder
1/2 teaspoon salt
2 cups blueberries, fresh or frozen



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Directions

Preheat the oven to 375°F. Spray muffin pan with nonstick spray or use paper liners.

In a medium mixing bowl, beat the oil and sugar until creamy.

Crack and add each egg separately.

Crack one egg into a small bowl and check for shells and freshness.

Add to the medium mixing bowl.

Repeat for second egg. After adding eggs to the oil and sugar mixture, beat well.

Add milk and vanilla to mixture and stir well.
Set aside.

In a large mixing bowl, stir together the flour, baking powder, and salt.

Add the liquid mix to the dry and stir together until moist. Do not overmix.

Gently fold the blueberries into the batter.
Fill each muffin cup 2/3 full.

Bake for 25-30 minutes.



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