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Ms. Alex- Foods II

“Tastes Better from Scratch” Blueberry Muffins
Yield: 10

Ingredients:

1 ½ cups all purpose flour
¾ sugar
½ tsp salt
2 tsp baking powder
⅓ cup vegetable oil
1 egg
⅓ cup milk
1 cup fresh/frozen blueberries

Crumb:

2 T white sugar
2 T brown sugar
2 T flour
2 T butter-cold, diced
½ tsp cinnamon

Day 1:

Combine all dry ingredients, place in a baggy, label and store for next class.
Make crumb- combine with butter, place in baggy, label, store in fridge.

Day 2:

1. Preheat oven to 400 degrees F.
2. Line standard muffin tin with muffin liners.
3. Whisk egg and create a **well** with dry ingredients that were measured last class period.
4. Add egg, oil, and milk.
5. **Mix but do not over stir. WHY?**
6. **Fold in** blueberries.
7. Fill muffin liners with batter....do not fill to the top!!
8. Sprinkle crumb mixture.
9. Bake for 20 minutes or until toothpick comes out clean.