Blueberry Muffins

Ingredients:
- 2 cups all-purpose flour
- 1/4 cup granulated sugar
- 1 tablespoon baking powder
- 1 large egg
- 1/4 cup vegetable oil
- 1 cup skim milk
- 1 cup blueberries

Directions:
1. Preheat oven to 400° F. Grease bottoms only of 12 medium muffin cups.
2. Measure flour, sugar, and baking powder into a large mixing bowl. Stir to combine ingredients.
3. Crack egg
4. Into a small bowl and beat with a fork to combine white and yolk.
5. Make a well in the center of flour mixture; add egg, oil, and milk. Stir batter just until dry ingredients are moistened; batter will be lumpy. Fold in blueberries.
6. Divide batter among muffin cups, filling each about half full.
7. Bake 20 minutes, until firm to touch.

Yields about 12 servings

Source: Cooking Up Fun! Muffins & More - Cornell University Cooperative Extension