Blueberry Muffins
Makes 12 muffins

Ingredients:
2 cups all-purpose flour
¼ cup granulated sugar
1 tablespoon baking powder
1 large egg
¼ cup vegetable oil
1 cup skim milk
1 cup blueberries

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

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

Nutrition Facts
12 servings per container
Serving size (66g)

Amount per serving
Calories 150
% Daily Value*
Total Fat 5g 6%
Saturated Fat 0.5g 3%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 15mg 1%
Total Carbohydrate 23g 8%
Dietary Fiber 1g 4%
Total Sugars 7g Includes 4g Added Sugars 8%
Protein 3g

Vitamin D 0mcg 0%
Calcium 180mg 15%
Iron 1mg 6%
Potassium 69mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.