

## **Blueberry muffins**



Recipe credit

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### **About this recipe**

Serves

12

Serving size

1 muffin

Time to make

10 minutes preparation; 20-25 minutes cook time

Special criteria

[Vegetarian recipes](#)

[Whole grains recipes](#)

# Ingredients

- Nonstick cooking spray
- 1 cup whole wheat flour
- 1 cup all-purpose flour
- 1/2 cup sugar, plus 1/2 tablespoon
- 1 tablespoon baking powder
- 1/2 teaspoon cinnamon
- 1 cup milk
- 1/3 cup vegetable oil
- 1 egg
- 1 teaspoon vanilla
- 2 cups unthawed frozen blueberries

# Directions

1. Preheat oven to 400 degrees F.
2. Spray nonstick vegetable cooking spray on 12 muffin tins.
3. In a large mixing bowl combine flours, 1/2 cup sugar, baking powder, and cinnamon.
4. In a small bowl, mix milk, oil, egg, and vanilla until well blended.
5. Add milk mixture to dry ingredients. Stir until just moistened.
6. Stir in blueberries.
7. Spoon batter into muffin tins.
8. Sprinkle tops with 1/2 tablespoon sugar.
9. Bake for 20-25 minutes.

# Tips and variations

- If you do not have whole wheat flour, you can substitute another cup of all-purpose flour in this recipe, but it will not be as healthy.
- In general, you can substitute whole wheat flour for half of the all-purpose flour in any recipe and it will not affect the overall recipe. And it is healthier!

- If you do not have blueberries or do not like them, swap in 2 cups of other frozen or fresh chopped fruit.

## Nutritional info

Calories

246

Total fat

13.4 g

Saturated fat

2 g

Cholesterol

15.9 mg

Sodium

106 mg

Total carbohydrates

29 g

Dietary fiber

2 g

Protein

3.8 g

Total sugar

12.5 g

Allergens

Dairy

Eggs

Wheat

Soy

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