



## Blueberry Muffins

using Valley Kitchen Multi-purpose flour blend

Yield: 12 large muffins

750 ml	<b>Multi-purpose flour blend</b>	3 cups
35 ml	baking powder	2 1/2 Tbsp
250 ml	sugar	1 cup
2	egg, large	2
5 ml	vanilla	1 tsp
375 ml	milk	1 1/2 cup
250 ml	blueberries, wild, fresh or frozen	1 cup



1. In a large mixing bowl, combine the Multi-purpose flour blend, baking powder and sugar.
2. In another bowl, beat together the eggs, vanilla and milk.
3. Add the flour mixture to the liquid. With an electric beater or hand whisk, mix until well blended.
4. Fold in the blueberries.
5. Using a large scoop, scoop the batter into oiled, non-stick muffin tins. Fill the tins full.
6. Bake at 375°F for 25 to 27 minutes for large muffins. Muffins with fresh berries will bake more quickly than those with frozen berries. Check after 23 minutes.

**Per muffin:** 220 calories, 6 g fat, 1 g saturated fat, 35 mg cholesterol, 260 mg sodium, 40 g carbohydrate, 5 g fiber, 21 g sugar, 6 g protein

Cool for 5 minutes and remove from the tins to a cooling rack.

If you are using a convection oven, be sure to reduce the time and / or baking temperature. Check after 18 minutes.

