

Name _____ Kitchen # _____ Period # _____

Blueberry Muffin

INGREDIENTS	UTENSILS
1 large <u>egg</u> , lightly beaten or ¼ applesauce to replace the egg	Mixing Bowl
1 cup (240 ml) plain yogurt (full fat or low fat)	Mixing spoon
1/3 cup (80 ml) applesauce	Measuring spoons
1 teaspoon pure vanilla extract	Measuring cups
1 cups (260 grams) all-purpose <u>flour</u>	Muffin pan
1 cups whole wheat flour	Muffin paper cups
1/2 cup (100 grams) granulated white <u>sugar</u>	Rubber spatula
1 1/4 teaspoons <u>baking powder</u>	Whisk
1/2 teaspoon baking soda	
1/4 teaspoon <u>salt</u>	
1 - 1 1/2 cups (240-360 ml) fresh or frozen blueberries (If using frozen blueberries, do not thaw before adding them to the batter.)	

Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Position rack in center of oven.

3. Butter or line 12 muffin cups with paper liners.
4. In a large bowl whisk together the lightly beaten egg or applesauce, yogurt, and vanilla extract.
5. In another large bowl whisk the [flour](#) with the sugar, baking powder, baking soda, and salt.
6. Gently stir in the blueberries.
7. Use a rubber spatula fold the wet ingredients into the dry ingredients and stir only until the ingredients are combined and moistened. (The batter will be thick.)
8. Evenly fill the muffin cups with the batter, using two spoons or an ice cream scoop.
9. Place in the [oven and bake](#) for about 15 -20 minutes or until a toothpick inserted in the center of a muffin just comes out clean.
10. Remove with potholders.
11. Transfer to a wire rack and let cool for about 10 minutes before removing from pan.
12. Enjoy and clean up!!

Makes 12 muffins.

<http://www.joyofbaking.com/muffins/BlueberryMuffins.html#ixzz4JzSEwykU@joyofbaking> on Twitter [joyofbaking](#) on Facebook