

Blueberry Muffins

Yield 12 servings

Ingredients

1/2 cup	vegetable oil
1 cup	sugar
2	egg
1/2 cup	milk, low-fat
1 teaspoon	vanilla
2 cups	flour
2 teaspoons	baking powder
1/2 teaspoon	salt
2 cups	blueberries (fresh or frozen)

Instructions

1. Preheat the oven to 375 degrees.
2. Grease the muffin pans.
3. In a large mixing bowl, stir the oil and sugar until creamy.
4. Add eggs, milk and vanilla. Mix until blended.
5. In a medium mixing bowl, stir together the flour, baking powder, and salt.
6. Add the flour mix to the oil and sugar in the large bowl. Stir together.
7. Stir the blueberries into the batter.
8. Fill each muffin cup 2/3 full with batter.
9. Bake for 25 to 30 minutes.

Cost

Per recipe: \$2.99
Per serving: \$0.25

Source

Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network
Website Recipes

Nutrition Facts

Serving Size 1 muffin, 1/12 of recipe
(92g)
Servings Per Container 12

Amount Per Serving

Calories 250 Calories from Fat 90

% Daily Value*

Total Fat 11g **17%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 200mg **8%**

Total Carbohydrate 37g **12%**

Dietary Fiber 1g **4%**

Sugars 20g

Protein 4g

Vitamin A 2% • Vitamin C 4%

Calcium 6% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4