

Super Blueberry Muffins

Yield 6 muffins

Ingredients:

250mL flour

80mL sugar

10mL baking powder

1mL salt

125mL blueberries

1mL cinnamon

1 egg

125mL milk

50mL oil

Method:

1. Preheat oven to 200C (400F)
2. Line muffin tins with paper liners
3. Measure and sift flour
4. In a large bowl, sift together flour, baking powder, sugar and salt
5. Stir in blueberries
6. In a small bowl beat egg lightly with a fork. Add oil and milk.
7. Make a well in the center of the dry ingredients and add the liquid ingredients to the flour all at once.
8. Stir the batter only until just mixed (8 times). Batter will be lumpy.
9. Fill the muffin pan 2/3 full
10. Bake for 18-20 minutes or until toothpick comes out clean
11. Cool on cooling rack.