

Blueberry Muffins III

Mrs Donald B Reibel

St Timothy's - Hale Schools - Raleigh, NC - 1976

4 cups Bisquick® baking mix
4 tablespoons sugar
2 eggs
1 1/3 cups water or milk
1 pint blueberries
sugar (for sprinkling)
(optional)

Preheat the oven to 400 degrees.

In a bowl, mix the Bisquick, sugar, eggs and water. Beat vigorously for 30 seconds.

Fold in the blueberries.

Pour the batter into muffin tins.

You can sprinkle sugar on the top of the muffins, if desired.

Bake for 15 to 20 minutes.

Per Serving (excluding unknown items): 2424 Calories; 75g Fat (27.6% calories from fat); 47g Protein; 396g Carbohydrate; 20g Dietary Fiber; 424mg Cholesterol; 5758mg Sodium. Exchanges: 20 1/2 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Fruit; 13 Fat; 3 1/2 Other Carbohydrates.