

Blueberry Muffins IV

Barbara Brock

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*3 cups flour
4 teaspoons baking powder
2 eggs, beaten
1 cup milk
1 cup sugar
1/2 teaspoon salt
1/4 cup oil or melted butter
1 cup blueberries*

Preheat the oven to 400 degrees.

In a bowl, sift together the flour, baking powder, sugar and salt. Mix the berries into the mixture.

In a bowl, mix the eggs, oil and milk. Add to the berry mixture. Mix gently just to dampen the flour.

Pour the batter into muffin tins.

Bake for 20 minutes.

Per Serving (excluding unknown items): 2528 Calories; 22g Fat (7.9% calories from fat); 60g Protein; 523g Carbohydrate; 15g Dietary Fiber; 457mg Cholesterol; 3294mg Sodium. Exchanges: 19 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Fruit; 1 Non-Fat Milk; 2 1/2 Fat; 13 1/2 Other Carbohydrates.