

Texas Wheat

blueberry
MUFFINS



BLUEBERRY MUFFINS

INGREDIENTS

- 1 cup milk
- 1/2 cup butter, melted
- 1 egg, slightly beaten
- 2 cups all-purpose flour
- 1/3 cup sugar
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup fresh or frozen blueberries

DIRECTIONS

Heat oven to 350 °F. Combine milk, 1/4 cup butter and egg in large bowl. Add all remaining muffin ingredients, except blueberries. Stir just until flour is moistened. Gently stir in blueberries. Spoon batter into 12 greased paper-lined muffin cups. Bake for 22 to 25 minutes or until golden brown. Cool slightly; remove from pan. Dip tops of muffins in 1/4 cup melted butter, then in sugar.

Calories per serving (240); 13g Fat; 15g Carbs; 4g Protein; 1g Fiber