



CULINARY LEARN AND SHARE

Delicious Blueberry Muffins

Ingredients

Muffin

- 1 ½ cups (375 mL)
- all-purpose flour
- ¾ cup (185 mL) white sugar
- ½ teaspoon (2.5 mL) salt
- 2 teaspoons (10 mL) baking powder
- 1/3 (80 mL) cup vegetable oil
- 1 egg
- 1/3 cup (80 mL) milk
- 1 cup (250 mL) fresh blueberries

Crumb Topping

- ½ cup (125 mL) white sugar
- 1/3 cup (80 mL) all-purpose flour
- ¼ cup butter (60 mL), cubed
- 1 ½ teaspoons (7.5mL) ground cinnamon

Directions

Make Crumb Topping: With a fork, mix all topping ingredients together in a small bowl and set aside.

Preheat oven to 400°F (200° C). Grease each cup of a muffin/cupcake pan with butter or solid oil like coconut oil. Alternatively, you can line cups with muffin/cupcake liners.

Combine flour, sugar, salt, and baking powder in a large mixing bowl.

Pour vegetable oil into a 1 cup (250 mL) measuring cup; add the egg and enough milk to fill the cup. Mix this with the flour mixture.

Gently fold in blueberries.

Fill muffin cups right to the top, and sprinkle with crumb topping mixture.

Bake for 20 to 25 minutes in the preheated oven, or until done.

Note: Store-bought muffins can be very high in sugar. This recipe gives you the flexibility to adjust the level of sweetness and overall sugar content. If you are controlling your daily added sugar intake, reduce the white sugar used in both muffin and topping by 2 Tbsp (30 mL) each or more to taste preference.



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