

Healthy Blueberry Muffins

A two bowl recipe for blueberry muffins. These are healthy muffins that you can eat without guilt; once they're done, leave the first four out and freeze the others in quart bags, four per bag. You can also replace the blueberries with bananas or other fruit.

Prep Time 10 mins; Cook Time 27 mins (20 in trailer convection oven); Total Time 37 mins

Servings: 12

Ingredients

• Ingredient	Full Recipe (12)	Half Recipe (6)
• All Purpose Flour	1-3/4 cups	A little less than 1 cup
• Baking Powder	3 Teaspoons	1-1/2 Teaspoons
• Salt	3/4 Teaspoon	1/3 Teaspoon
• Egg, Beaten	1 Large	1 Small
• Maple Syrup	1/2 cup	1/3 cup
• Milk	3/4 cup	1/3 cup
• Extra Virgin Olive Oil	1/3 cup	1/4 cup
• Blueberries	3/4 cup	1/3 cup

Instructions

1. Preheat oven to 400 degrees. Prepare a 12 cup muffin pan (or 2 6-muffin pans) and set aside. If pans are not non-stick, use non-stick cooking spray or paper liners.
2. In a large bowl, whisk together the flour, baking powder, and salt.
3. In a medium bowl, beat the egg, then add the maple syrup, milk, and oil. Beat or mix lightly.
4. Pour the wet ingredients into the dry ingredients and mix gently until combined, being careful not to over mix. The mixture should still be lumpy.
5. Gently fold the blueberries into the batter.
6. Fill the muffin cups evenly with the batter. Bake in a preheated oven for 27 minutes, or until slightly golden brown on the top and a toothpick inserted in the center of the muffins comes out clean.
7. **Note: If cooking in the trailer in the convection oven, cook for only 20 minutes.**