
Best Ever Blueberry Muffins

Janet Koop

Nettles Island Cooking in Paradise - 2014

3 cups flour

2 cups sugar

1 stick (1/2 cup) margarine, softened

1 cup milk

2 eggs

1 3/4 cups blueberries, washed and dried

1 teaspoon salt

1 tablespoon baking powder

1 teaspoon vanilla

2 tablespoons margarine, melted

In a bowl, mix together the flour, sugar, baking powder and salt. Cut the stick of margarine into the dry mixture until it is crumbly. Reserve one cup for topping.

Add the eggs, milk and vanilla. to the dry ingredients. Mix until smooth, then add the blueberries. Blend carefully by hand and not a mixer. It is best not to overmix the batter.

Pour the batter into greased muffin pans or use paper liners. Add the two tablespoons of melted margarine to the one cup of reserved dry ingredients. Mix well, then sprinkle about one tablespoon on top of each muffin.

Bake at 350 degrees for about 25 minutes.

Yield: 18 muffins

Breads, Muffins

Per Serving (excluding unknown items): 4388 Calories; 136g Fat (27.7% calories from fat); 62g Protein; 740g Carbohydrate; 18g Dietary Fiber; 457mg Cholesterol; 5213mg Sodium. Exchanges: 19 Grain(Starch); 1 1/2 Lean Meat; 2 1/2 Fruit; 1 Non-Fat Milk; 25 Fat; 27 Other Carbohydrates.