

# Morning Muffins



**Prep:** 10 minutes

**Cook:** 20 minutes

**Yield:** 10 servings

*Chef Suzanne Landry*

- 1 cup whole wheat flour
- 1 cup unbleached white flour
- 1 teaspoon baking powder
- 1/2 cup sugar
- 1/4 teaspoon salt
- 2/3 cup blueberries fresh (or frozen but defrosted and rinsed)
- 1 egg
- 1/3 cup vegetable oil or melted butter
- 1 cup milk
- 1 teaspoon vanilla extract



1. Preheat oven to 350°.
2. Combine dry ingredients, except blueberries, and mix well. Then toss in the blueberries just enough to coat. If blueberries are added to wet ingredients, or if they are over mixed with the dry ingredients, they will begin to “bleed” their juice into the batter making purple muffins.
3. Combine wet ingredients in a separate bowl and mix well. Now combine both dry and wet and mix only long enough that no pockets of dry ingredients remain. Do not over mix!
4. Use paper muffin pan liners and pour batter to almost full, and bake for 20-25 minutes. Check after 20 minutes and if a toothpick doesn’t come out clean, bake another 2-3 minutes. Cool and remove.

*Chef’s Notes:* Alternative Muffins

Banana Nut (add to basic muffin recipe instead of blueberries)

- 1 cup mashed overripe banana
- 1 teaspoon cinnamon
- 1 additional egg

Cranberry Orange (add to basic muffin recipe instead of blueberries)

- 1/3 cup dried cranberries
- Replace milk with 3/4 cup orange juice
- 1 tablespoon orange zest (orange skin, minced)