



BEST EVER BLUEBERRY MUFFINS

Makes 12 muffins

Oven: 400°, Baking Time: 15-20 mins.

You'll Need

1 muffin tin, with paper liners

Dry Ingredients

2 1/2 cup biscuit mix (Bisquick, President's Choice, etc.)

1/2 cup sugar

Wet Ingredients

1 egg

1 cup milk (or 3/4 cup milk + 1/4 fresh orange juice)

6 T. melted butter

1 tsp. vanilla

grated rind of 1 orange (use a grater and mind your fingers)

1 1/2 cups fresh blueberries – mash 1/2 with extra 2 tablespoons of sugar (wild berries are best – they are the small ones)

Did you know that blueberries – which are, of course, blue – belong to the same fruit family as the bright red cranberry? And these "cousins" are both very healthy for you: they contain fibre and potassium and are quite low in fat and, best of all, they are very blue and very delicious!

Eat lots of fresh berries during the summer when they taste best. Especially in these easy-to-bake blueberry muffins.

K kids can do

A adults can do

- K** 1. Stir dry ingredients in big bowl. Make a "well" in the center.
 - K** 2. In a 4-cup glass measure whisk all wet ingredients together.
 - K** 3. Pour into "well" in dry ingredients all at once. Slightly tilt bowl and using rubber spatula, stir with long, quick strokes until just mixed and lumpy – no longer.
 - K** 4. Pour in berries all at once; with quick stir mix them into batter (too much stirring will break up the berries and make everything blue!)
 - K** 5. Using a spatula and a big spoon fill each muffin cup 2/3 full.
 - A** 6. Bake as directed. Remove from oven, lift out muffins and place on rack to cool.
- K A** Eat while warm!