



LEMON BLUEBERRY MUFFINS

July 11

National Blueberry Muffin Day

INGREDIENTS

- 3 Cups All Purpose Flour
(enriched or whole grain-rich)
- 1½ Cups Sugar
- 1 Teaspoon Salt
- 4 Teaspoons Baking Powder
- ¼ Cup Vegetable Oil
- ½ Cup Unsalted Butter (melted)
- 1 Teaspoon Vanilla Extract
- 2 Teaspoons Lemon Extract
- 1 Cup Whole Milk
- 2 Large Eggs
- Zest of 1 Lemon
- 2 Cups Fresh Blueberries

DIRECTIONS

1. Preheat oven to 400°F.
2. In a mixing bowl, combine dry ingredients.
3. In a stand mixer on low speed with the paddle attachment, add the wet ingredients.
4. Beat on low until all ingredients have been combined and batter is smooth. Do not over mix.
5. Remove mixing bowl from stand mixer and fold in 2 cups fresh blueberries with a flexible spatula. Be careful not to crush them.
6. Spray muffin tin with nonstick spray or use paper/tin foil liners or reusable silicone baking cups.
7. Fill muffin tin ¾ of the way full with batter.
8. Bake for 20-25 minutes or until tops are brown and a toothpick when inserted into the center comes out clean when removed. Allow to cool completely before serving.

MEAL PATTERN CONTRIBUTION



MEAL TYPE



YIELD

20 Muffins

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Muffin	½ Muffin	1 Muffin	1 Muffins