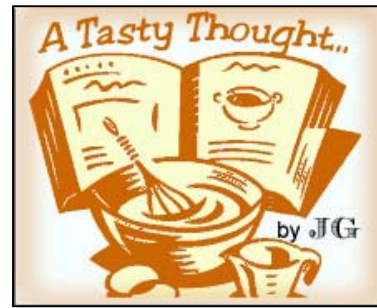


## A Recipe compliments of



TRIM ON DOTTED LINE AND  
FOLD FOR RECIPE CARD

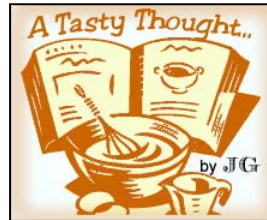
### Yummy Blueberry Muffins

Oven temperature: 375° F  
Yield: 22 Muffins

Time: 26 Minutes

#### Ingredients

- ½ Cup Butter /Margarine
- 1¼ Cups Sugar
- 1 Egg + 2 Egg Whites
- 2 Cups Flour
- 2 tsp. Baking Powder
- 1 tsp. Salt
- ¼ tsp. Cinnamon (Optional, but great addition)
- ½ Cup Milk (can be Soy Milk)
- 2 – 2½ Cups Blueberries (can be frozen & then defrosted)



#### Method

1. Preheat oven to 375° F.
2. Put paper liners in muffin tins. (Makes 22 muffins)
3. In large bowl cream butter/margarine with sugar until light.
4. Add Egg + Whites one at a time, beating well after each addition.
5. Add Baking Powder, Salt, Cinnamon and ½ the flour. Beat.
6. Add ½ of Milk, beat.
7. Then add remaining Flour, beat.
8. Add remainder of Milk. Beat.
9. **Gently** add Blueberries, stir in by hand with spatula or spoon.
10. Fill muffin cups ¾ full.
11. Bake 26 Minutes or until muffins are slightly browned.

Enjoy!!!  
JG

