



Jumbo Whole Wheat Blueberry Muffins

Oscar · 28/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

6

Description

I received free blueberries recently I admit I never actually tasted a real one before Always the boxed muffin kind I loved them Recently switched to whole wheat so I wanted to try a new muffin recipe out This is the one that not only turned out great but filling as well When I was eating it I was craving eggs Next time I will have to remember to throw in a fried egg or two on the side I made 6 jumbo muffins

Ingredients

- - 1 ½ cups whole wheat flour - ½ cup white sugar - 2 teaspoons baking powder - ½ teaspoon ground cinnamon (Optional) - ¼ teaspoon salt - 1 cup skim milk - 1 egg - 2 tablespoons butter
- softened - 1 tablespoon vegetable oil - 2 cups fresh blueberries - ½ cup brown sugar (Optional) - ½ teaspoon ground cinnamon (Optional)

Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Line 6 jumbo muffin cups with paper liners. Whisk whole wheat flour
2. white sugar
3. baking powder
4. 1/2 teaspoon cinnamon
5. and salt together in a bowl. In a separate bowl
6. whisk skim milk
7. egg
8. softened butter
9. and vegetable oil. Mix the liquid ingredients into the whole wheat flour mixture to make a smooth batter
10. and gently fold in blueberries. Spoon batter into the prepared muffin cups
11. filling them to the top. Combine brown sugar with 1/2 teaspoon cinnamon in a bowl and spoon the mixture onto the muffins
12. if desired. Bake in the preheated oven until the muffins are golden brown and a toothpick inserted into the center of a muffin comes out clean
13. 20 to 25 minutes.