

Blueberry muffins

Ingredients:

1/2 cup milk

1/4 cup canola oil

1 large egg

1 Tbsp vanilla extract

1 cup fresh or frozen blueberries

1 1/2 cup all purpose flour

1/2 cup sugar

2 tsp baking powder

dash of salt

lemon zest (optional)

Preheat the oven to 400F. Spray 10 muffin cups with nonstick spray, or line them with cupcake papers.

In a medium bowl combine the milk, oil, egg, and vanilla extract. In another bowl toss the blueberries with a 1 Tbsp of the flour and set aside.

Add the remaining flour, sugar mixed with the lemon zest (optional), baking powder, and salt to the liquid ingredients. Stir to combine. Add the blueberries, and stir to combine. The batter should be lumpy, do not overmix.

Fill the muffin cups about 2/3 full with batter. Bake for 20-25 minutes, until the muffins are golden and the wooden toothpick inserted in the center of a muffin comes out clean. Cool on a rack.