

Blueberry muffins

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 30 Muffins

Ingredients	Qty	Measure/Weight
All-purpose flour	16.25	oz.
Baking powder	.9	oz.
Salt	.6	oz.
Sugar	12	oz.
Soy milk	2 ¼	Cups
Vegetable oil	6	oz.
Vanilla flavoring or extract	½	Tbsp.
Frozen blueberries	3	Cups
All-purpose flour	4	oz.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Blend 16.25 oz. flour, baking powder and salt. Set aside.
2. Toss blueberries with 4 oz. flour. Set aside.
3. Combine sugar, soy milk, vegetable oil, and vanilla. Stir well.
4. Add blueberries to the sugar mixture and mix, being careful not to crush the berries.
5. Add blueberry mixture to the flour mixture.
5. Stir together until the dry ingredients become wet. Do not overmix.
6. Bake at 350 degrees for 15-20 minutes or until an inserted toothpick comes out dry.

Serving Information

1 muffin

Nutrition Information *From USDA Nutrient Database

Calories: 173 Total Fat: 6g Saturated Fat: 0g Carbohydrate: 28g Protein: 2g Sodium: 326mg
Vitamin A: 9µg Vitamin C: 0mg Calcium: 71mg Iron: 1mg Folic Acid: 56µg