

— breakfast —

SUNSHINE BLUEBERRY MUFFINS



30 minutes



20 minutes



Makes 12 muffins

INGREDIENTS

- 1 3/4 cup flour (425 mL)
- 1/2 cup sugar (125 mL)
- 2 1/2 tsp. baking powder (12 mL)
- 3/4 tsp. salt (3 mL)
- 1 egg, well beaten
- 1/3 cup vegetable oil (75 mL)
- 3/4 cup milk (175 mL)
- 1 cup blueberries, fresh or frozen (250 mL)
- 2 tbsp. sugar (30 mL)
- 2 tsp. lemon rind, grated (10 mL)

Lemon Sugar Topping:

- 2 tbsp. butter, melted (30 mL)
- 1/4 tsp. lemon juice (1 mL)
- 1/4 cup sugar (60 mL)

INSTRUCTIONS

1. In a large bowl, mix the flour with 1/2 cup (125 mL) sugar, baking powder and salt. Make a well in the center.
2. Combine the egg, oil and milk. Add to the dry ingredients, stirring until moistened.
3. Toss the blueberries with two tbsp. (30 mL) of sugar and the lemon rind. Fold into the batter. Fill a greased muffin pan or muffin cups 2/3 full and bake for 20 minutes at 400°F (200°C).
4. While the muffins bake, mix the butter and lemon juice. Remove the muffins from the pan and dip in the butter mixture and then into the remaining sugar. Place on a rack to cool.