

Wild Blueberry Muffins



These muffins are so tasty. They have all the healthy benefits of wild blueberries, and they're not too sweet.

Ingredients:

1 egg
½ c milk
¼ c avocado oil
1 tsp vanilla
1 ½ c flour
⅔ c sugar
2 tsp baking powder
½ t salt
1 ½ c wild blueberries (we used frozen)

Directions:

- Do not use a mixer!
 - Grease or spray muffin tin (or use paper cups)
1. Beat egg with a fork. Stir in milk, oil, and vanilla
 2. Mix dry ingredients together in a separate bowl and add to wet ingredients.
 3. Stir until flour is moistened. Do not overmix! Batter will look slightly lumpy.
 4. Fold in frozen blueberries.
 5. Fill cups in muffin tins $\frac{2}{3}$ to $\frac{3}{4}$ full.
 6. Bake at 400* for 20-25 mins or until brown on top.

- Makes 12

Tips:

- The original recipe called for 1 c sugar, but I reduced it. You can reduce it further if you want.