

# My Blueberry Muffins

We're able to get the very best, huge, organic blueberries in the summer, directly from the farming family that grows them. I buy as many as I can, then rinse them, dry gently (by rolling around on a few sheets of paper towels) and remove any stems before freezing them on baking sheets. As soon as they're frozen, I bag them up and stash them in the freezer to use until more fresh local berries are available the next summer.

Sometimes we use the blueberries as a topping for yogurt, and sometimes I make pancakes with them. But most of them find their way into muffins. The recipe I've been using is here. When we return from traveling, I'm going to experiment to see if I can make vegan muffins. But if you're OK with eggs and milk, this is really a great recipe!

Makes 6 large muffins

## ***Ingredients:***

1 -1/2 cups all-purpose flour

3/4 cup granulated sugar, plus 2 teaspoons for muffin tops (optional)

1/2 teaspoon salt

2 teaspoons baking powder

1/3 cup canola oil

1 large egg

1/3 cup milk (I use non-fat)

1 1/2 teaspoons vanilla extract

1 to 1-1/2 cups fresh or frozen blueberries (if I'm using frozen, I thaw them in the refrigerator overnight because otherwise, they tend to freeze up my batter.)

Heat oven to 400 degrees F. Line six large-size muffin cups with paper liners about 3/4 full. Sprinkle sugar over the muffin tops before baking (optional). Bake 28 to 30 minutes, turning the pan halfway through the baking time.

Store any leftovers in a plastic bag in the refrigerator, then reheat (about a minute for two) in the microwave.

