



# BLUEBERRY MUFFINS

YIELD: 8 MUFFINS

## INGREDIENTS

- 1 1/2 cups self-rising flour\*
- 3/4 cup granulated sugar or sugar substitute
- 1/3 cup canola oil
- 1 large egg
- 1/2 cup blueberry or plain kefir (or buttermilk)
- 1 teaspoon vanilla extract
- 6 ounces fresh or frozen blueberries (about 1 cup)

*\*If you don't have self-rising flour, you can make your own using 1 cup all-purpose flour plus 1/4 teaspoon kosher salt and 1 1/2 teaspoons baking powder to yield 1 cup self-rising flour.*

## DIRECTIONS

- Heat oven to 400 degrees F. Coat 8 muffin cups with cooking spray or line with paper liners.
- Whisk together self-rising flour and sugar in a large bowl.
- Combine oil, egg, kefir and vanilla; whisk to combine.
- Add kefir mixture to dry ingredients and stir just until combined (do not overmix). Fold in blueberries.
- Divide batter evenly among muffin cups. Bake for 15 to 20 minutes or until wooden pick inserted into center of muffin comes out clean. Let cool in pan at least 5 minutes.

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