



Blueberry Muffins

Yield – 7 dozen servings

Ingredients

3 lbs. sifted Flour
 1 Tbs. Salt
 ¼cup & 2 Tbps. Baking Powder
 3 cups Sugar
 4 ½cups Blueberries, drained
 6 Eggs
 5 cups Milk
 2 cups (1 lb.) Butter, melted

How to Prepare

1. Mix flour, salt, baking powder and sugar.
2. Add blueberries and toss lightly.
3. Add beaten eggs, milk & melted butter, mix lightly.
4. Grease muffin tins.
5. Portion with a No. 16 scoop.
6. Bake at 375°F for 20-25 minutes or until done.

*****Nutritional Information Per Serving*****

Calories = 133	Saturated Fat = 6.56g	Dietary Fiber = 0.69g	Vitamin C = 0.38mg
Carbohydrate = 18.58g	Cholesterol = 17mg	Protein = 8.18g	Calcium = 91.16mg
Total fat = 5.37g	Sodium = 227mg	Vitamin A = 17RE	Iron = 0.94mg

Recipe provided by Mary E. Wippner, Norton Elementary, Louisville, KY

