

Blueberry Muffins

200g blueberries

220g plain flour

2 tsp baking powder

125g sugar

¾ cup milk or buttermilk

1 egg

¾ cup vegetable oil

Preheat oven to 180°C and thoroughly grease 12 muffin tins with a little oil. Halve berries. Sift flour and baking powder and stir in sugar. Mix milk, egg and oil together. Make a well in the centre of the flour and beat in liquid. Mix in berries. Spoon batter into muffin tins until two-thirds full. Bake for 20-25 minutes. Cool muffins on a wire rack. Serve slightly warm, split, with butter and jam or just jam.

Source: Stephanie Alexander (1996). The Cook's Companion. Viking, Ringwood, Victoria.