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Blueberry Muffins ♦♦

These delicious blueberry muffins are a classic breakfast treat. They are made with fresh blueberries and have a light and fluffy texture. Perfect for a quick and easy breakfast or snack.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 12

Serving Size: 42 g

Ingredients

250 g	All-Purpose Flour
150 g	Granulated Sugar
2 tsp	baking powder
1 tsp	salt
240 ml	Milk

80 ml	Vegetable Oil
1 units	Egg
1 tsp	vanilla extract
200 g	fresh blueberries

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C). Grease a muffin tin or line with muffin liners.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the flour, sugar, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Whisking

In a separate bowl, whisk together the milk, vegetable oil, egg, and vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stirring

Pour the wet ingredients into the dry ingredients and stir until just combined. Be careful not to overmix.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Folding

Gently fold in the fresh blueberries.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Spoon

Spoon the batter into the prepared muffin tin, filling each cup about two-thirds full.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Baking

Bake for 20-25 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Prep Time: 0 mins

Cook Time: 25 mins

Step 8

Cooling

Allow the muffins to cool in the tin for 5 minutes, then transfer to a wire rack to cool completely.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 195 kcal

Fat: 7 g

Protein: 3 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	1 g	2.63%	4%
Sugars	14 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	7 g	25%	28%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	16 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	210 mg	9.13%	9.13%
Calcium	8 mg	0.8%	0.8%
Iron	8 mg	100%	44.44%
Potassium	60 mg	1.76%	2.31%
Zinc	2 mg	18.18%	25%
Selenium	5 mcg	9.09%	9.09%

Recipe Attributes

Seasonality

Summer Fall

Events

Game Day

Course

Salads Desserts

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
Sugar-Free High Vitamin C High Iron

Difficulty Level

Easy

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