

Oat Bran BC Blueberry Muffin

Equipment: 6- or 12- muffin tin, medium and large bowls, whisk, measuring equipment.

Ingredients:

125 m all-purpose flour
125 ml whole-wheat flour
10 ml baking powder
15 ml oat bran
1 ml salt
35 ml sugar
50 ml brown sugar
80 ml BC blueberries
20 ml applesauce
20 ml oil
½ egg
125 ml milk



Method:

1. Apron on, hair tied, hands washed. Preheat oven to 200 C/400 F.
2. Grease muffin tin (either 12 small or 6 large).
3. In a large bowl, whisk together flours, baking powder, oat bran, salt and sugars. Gently add in the blueberries.
4. In a medium bowl, combine the applesauce, oil, egg and milk.
5. Make a well in the centre of the dry ingredients. Pour in the liquid ingredients. Stir lightly with a fork just until dry ingredients are all moistened. Batter should be lumpy. **DO NOT OVERMIX!**
6. Spoon into muffin tins. Bake for 17 minutes for small muffins, 20 minutes for large, until muffins are golden brown and spring back when tapped.
7. Use a butter knife to loosen muffins and let cool on wire rack.