

BREAKFAST

# Blueberry Muffin Batter

5 October 2026

| TOTAL TIME | SERVES | PER SERVING | CALORIES |
|------------|--------|-------------|----------|
| 45 min     | 4      | \$0.62      | 473 kcal |

If you have around 45 minutes to spend in the kitchen, Blueberry Muffin Batter might be a spectacular lacto ovo vegetarian recipe to try. One serving contains 473 calories, 10g of protein, and 18g of fat. For 62 cents per serving, you get a breakfast that serves 4. This recipe from My Recipes has 1...

## Ingredients

|                                                      |                                                            |
|------------------------------------------------------|------------------------------------------------------------|
| <input type="checkbox"/> 1 tablespoon baking powder  | <input type="checkbox"/> 1 cup fresh or frozen blueberries |
| <input type="checkbox"/> 1 large egg, lightly beaten | <input type="checkbox"/> 2 cups all-purpose flour          |
| <input type="checkbox"/> 1 cup milk                  | <input type="checkbox"/> ½ teaspoon salt                   |
| <input type="checkbox"/> ¼ cup sugar                 | <input type="checkbox"/> ¼ cup vegetable oil               |

EQUIPMENT Oven, Mixing bowl

## Method

- 1 Combine flour and next 3 ingredients in a large mixing bowl; make a well in center of mixture. Stir together milk, vegetable oil, and egg; add to dry ingredients, and stir just until moistened. Gently fold in 1 cup fresh or frozen blueberries.
- 2 Blueberry Muffins: Spoon Blueberry Muffin Batter evenly into lightly greased muffin pans, filling two-thirds full.
- 3 Bake at 400 for 20 to 25 minutes. Makes 12 muffins.

## Nutrition per serving

**473**

KCAL

**10 g**

PROTEIN

**18 g**

FAT

**69 g**

CARBS

|               |                              |
|---------------|------------------------------|
| Saturated Fat | 3.7 g · 23% of daily needs   |
| Fibre         | 2.6 g · 10% of daily needs   |
| Sugar         | 19.3 g · 21% of daily needs  |
| Sodium        | 651 mg · 28% of daily needs  |
| Cholesterol   | 53.8 mg · 18% of daily needs |
| Vitamin C     | 3.6 mg · 4% of daily needs   |

Adapted from My Recipes. Find this recipe, ratings and more ideas at [whatsheate.com/blueberry-muffin-batter-148056](https://whatsheate.com/blueberry-muffin-batter-148056)