

BREAKFAST

Blueberry Muffins

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.26	150 kcal



Blueberry Muffins might be just the breakfast you are searching for. One serving contains 150 calories, 3g of protein, and 5g of fat. For 26 cents per serving, this recipe covers 5% of your daily requirements of vitamins and minerals. This recipe serves 12.

Ingredients

- ☐ 2 teaspoons baking powder
- ☐ 1 large egg, lightly beaten
- ☐ 1¾ cups all-purpose flour
- ☐ 1 teaspoon grated lemon rind
- ☐ ¼ teaspoon salt
- ☐ 3 tablespoons measures-like-sugar" calorie-free sweetener
- ☐ 1 cup fresh or frozen blueberries, thawed and drained
- ☐ ¾ cup fat-free milk
- ☐ ½ teaspoon ground allspice
- ☐ 1 teaspoon grated orange rind
- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

☐ ¼ cup vegetable oil

EQUIPMENT Bowl, Oven, Muffin liners

Method

- 1 Preheat oven to 40
- 2 Combine first 6 ingredients in a medium bowl; add blueberries, and toss to coat. Make a well in center of flour mixture.
- 3 Combine milk and next 5 ingredients; add to flour mixture, stirring just until dry ingredients are moistened.
- 4 Spoon batter into 12 muffin cups coated with cooking spray, filling two-thirds full.
- 5 Bake at 400 for 20 to 25 minutes or until golden.
- 6 Remove muffins from pans immediately, and cool on wire racks.

Nutrition per serving			
	150	3 g	5 g
	KCAL	PROTEIN	FAT
			23 g
			CARBS
Saturated Fat			0.9 g · 5% of daily needs
Fibre			0.8 g · 3% of daily needs
Sugar			8.1 g · 9% of daily needs
Sodium			132 mg · 6% of daily needs
Cholesterol			16 mg · 5% of daily needs
Vitamin C			1.7 mg · 2% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/blueberry-muffins-148272