

# Maine Arts Camp

**2013**

**Recipe Name: Whole Wheat Blueberry Muffins**

**Chef: Charlie Limoggio C.E.C.**

**Servings: 12**

**Yield:**

Quantity	Unit	Ingredient Name	Prep Notes
2 ¼	cups	Whole wheat flour	
1	cup	Brown sugar	
¾	tsp	Salt	
1	tsp	Baking powder	
½	tsp	Baking soda	
1/2	tsp	Ground cinnamon	Optional
1	cup	blueberries	Fresh or frozen
1 ½	cups	Buttermilk	
		Sanding sugar or course white	Sparkling sugar for the tops
		Cinnamon sugar can also be used.	

1. Preheat the oven to 400°F. Line muffin pan with paper baking cups, and lightly spray the paper cups.
2. Whisk together all of the dry ingredients, then stir in the blueberries.
3. In a separate bowl, whisk together the vanilla, vegetable oil, and buttermilk.
4. Pour the liquid ingredients into the dry ingredients, stirring just to combine
5. Spoon the batter into the prepared muffin cups, filling them nearly full. A slightly heaped #16 scoop of batter is the right amount.
6. Sprinkle the tops of the muffins with coarse sparkling sugar or cinnamon sugar, if desired.
7. Bake the muffins for 18 to 20 minutes, until a toothpick inserted into the middle of one of the center muffins comes out clean.
8. Remove the muffins from the oven, and after 5 minutes (or when they're cool enough to handle) transfer them to a rack to cool. Serve warm, or at room temperature. Store leftovers loosely wrapped at room temperature.

**Notes: Treating the blueberries very gently will help to not make Smurf muffins. Stirring the blueberries into the dry ingredients coats the berries with flour so the stay suspended throughout the muffin. #16 scoop= ½ cup**