

BLUEBERRY MUFFINS

MUFFINS

2 cups flour	1 egg, slightly beaten
¼ to ⅓ cup sugar (according to taste)	1 cup milk
2½ teaspoons baking powder	⅓ cup vegetable oil
1 teaspoon salt	1 cup fresh blueberries

STREUSEL TOPPING

⅓ cup sugar	½ teaspoon ground cinnamon
⅓ cup flour	4 tablespoons butter, sliced

Preheat oven to 400 degrees. Grease 12 muffin cups or line with paper liners. Combine flour, sugar, baking powder and salt in a bowl. In another bowl, combine egg, milk and oil. Stir milk mixture into flour mixture. Gently fold in blueberries. Spoon batter into muffin cups. Combine sugar, flour and cinnamon. Cut in butter until crumbly. Sprinkle topping over each muffin. Bake 20 to 25 minutes or until cake tester comes out clean. Serves 12.

BRAN MUFFINS

1 cup flour	2 cups high fiber bran cereal
½ cup packed brown sugar	1¼ cups low-fat milk
1½ teaspoons baking powder	1 egg
½ teaspoon salt	¼ cup applesauce
½ teaspoon cinnamon	

Preheat oven to 400 degrees. Combine flour, brown sugar, baking powder, salt and cinnamon. Set aside. In large mixing bowl, combine cereal and milk. Let stand 5 minutes until cereal softens. Add egg and applesauce to cereal and mix well. Add flour mixture, stirring just until blended. Spoon batter into 12 greased or paper lined muffin cups. Bake 16 to 18 minutes. Serves 12.

EDITOR'S NOTE:

This was in my mother's recipe box written on yellowed, cracking tablet paper, splashed with a few ingredients. She had noted that it came from *Good Housekeeping* in 1948, the year I was born.

My 2-year-old granddaughter and I ran short of flour and just mixed sugar and cinnamon together for a delicious streusel. For strawberry muffins, slice strawberries into fourths and place half or a fourth of a strawberry into the batter of each muffin cup before baking. The strawberries release juice and make a fabulous muffin.

If you want to use 1 cup buttermilk or yogurt instead of what my grandmother called sweet milk, then cut baking powder in half and add 1 teaspoon baking soda. Yogurt is thicker than milk, so you might need to add up to ¼ cup of milk to thin the batter to muffin consistency.

~L.J.