



# Berry Blue Muffins

Bake America's favorite muffin that bursts with blueberry flavor!



Prep Time: 15 minutes  
Cook Time: 25 minutes  
Yield: 12 muffins

rad<sup>o</sup>dish

## Culinary Skills & Kitchen Connections

Agriculture



Culture



Cooking Techniques



# What You Need

## Ingredients



2 ½ cups flour



1 tsp baking soda



2 tsp baking powder



½ tsp salt



1 egg



½ cup vegetable oil



1 cup plain or Greek yogurt



1 cup + 2 tsp sugar



1 ½ cups fresh blueberries

## Tools



12-cup muffin tin



cupcake liners (or cooking spray)



medium bowl



large bowl



dry measuring cups



liquid measuring cup



measuring spoons



rubber spatula



whisk



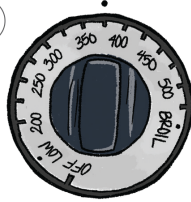
large spoon



Always wash your hands before cooking and make sure an adult is present. Visit [raddishkids.com/pages/safety](http://raddishkids.com/pages/safety) for all our guidelines.

# Steps

1



Preheat oven to 375°F.

2



Line muffin tin with paper liners or grease with cooking spray.

3



Whisk flour, baking soda, baking powder, and salt in medium bowl. Set aside.

4



Crack egg into large bowl. Throw away shells and wash your hands.

5



Whisk egg until smooth and yellow.

6



Add oil, yogurt, and 1 cup sugar. Whisk until combined.

7



Add flour mixture to large bowl. Gently stir until just combined. Do not overmix.

8



Add 1 Tbsp of batter to the bottom of each muffin cup to prevent blueberries from sinking.

9



Add blueberries to the remaining batter in large bowl. Stir gently to combine.

10



Fill the muffin cups to the top with the remaining blueberry batter.

11



Use a spoon to sprinkle 2 tsp sugar on top of the muffins.

12



Bake muffins for 20-25 minutes, until a toothpick inserted comes out clean. TASTE & SHARE!