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# Blueberries

*Michigan-grown blueberries are available in July and August.*

Fruits and vegetables provide nutrients that will give you energy and help you feel satisfied longer. Preserving them for later use is easy and can save you money over time.

Michigan State University Extension provides education that helps people buy and prepare healthy, budget-friendly foods as well as live a balanced, healthy lifestyle.



Blueberries have many health benefits. With only 100 calories in a one-cup serving, these flavorful berries provide a fat-free, sodium-free, cholesterol-free and high-dietary-fiber addition to your diet. They are also packed with disease-fighting antioxidants and are a good source of vitamin C.

Choose dusty-blue, firm, plump, dry berries. You can safely refrigerate blueberries for 10 to 14 days. Add them to your meals in a variety of ways – top of cereal or pancakes, add them to muffins or waffles, or just enjoy them one at a time.



# Blueberry Muffins

Makes 12 servings

**Nutrition Information:** 193 Calories per serving; 11g Fat (1.3g Saturated Fat); 47mg Sodium; 21g Carbohydrates (1g Fiber, 16g Sugar); 2g Protein; Calcium 2%

## INGREDIENTS

- » ½ cup plus 1 teaspoon vegetable oil
- » 1 cup sugar
- » 2 eggs
- » ½ cup low-fat milk
- » 1 teaspoon vanilla
- » 2 cups flour
- » 2 teaspoons baking powder
- » ½ teaspoon salt
- » 2 cups blueberries (fresh or frozen)

### COST

Per recipe:

**\$2.99**

Per serving:

**\$0.25**

## TO PREPARE

1. Preheat the oven to 375 °F.
2. Use one teaspoon of oil on a small piece of paper towel to grease a pan containing 12 muffin cups.
3. In a large mixing bowl, stir ½ cup oil and sugar until creamy.
4. Add eggs, milk and vanilla. Mix until blended.
5. In a medium mixing bowl, stir together the flour, baking powder and salt.
6. Add the flour mix to the mixture of oil, sugar, and other ingredients in the large bowl. Stir together.
7. Stir the blueberries into the batter.
8. Fill each muffin cup 2/3 full with batter.
9. Bake for 25 to 30 minutes.

**SOURCE:** Recipe adapted from Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes. Retrieved from USDA, Snap-Ed Connection, Blueberry Muffins at <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/blueberry-muffins>

