Basic Wild Blueberry Muffins

PREP TIME	Chill TIME	TOTAL TIME	YIELD
10 mins	**20 mins**	**30 mins**	**12 Muffins**

Bursting with juicy berries and featuring a soft, tender crumb, these classic blueberry muffins are simple to prepare and ready in under 30 minutes.

INGREDIENTS

- [ ] 1 cup milk
- [ ] 1 large egg
- [ ] 1/3 cup vegetable oil
- [ ] 2 cups all-purpose flour
- [ ] 2 teaspoons baking powder
- [ ] 1/2 cup granulated sugar
- [ ] 1/2 cup fresh blueberries

Baking Tip

Reserve about 1/3 cup of the batter *before* folding in the blueberries. Spoon a small dollop of this plain batter into the bottom of each muffin cup first to create an anchor base, fold the berries into the remaining batter, and scoop that on top. This guarantees no berries sit directly against the paper liner where they can stick or burn.

INSTRUCTIONS

- **Step 1:** Preheat your oven to 400°F (205°C). Line a standard 12-cup muffin tin with paper liners or lightly grease the cups.

- **Step 2:** In a large mixing bowl, whisk together the milk, egg, and vegetable oil until thoroughly blended.

- **Step 3:** Add the flour, baking powder, sugar, and fresh blueberries to the wet mixture. Gently fold with a spatula or wooden spoon using only a few strokes until just combined. The batter should remain slightly lumpy; avoid overmixing.

- **Step 4:** Divide the batter evenly among the 12 lined muffin cups (filling each about 2/3 to 3/4 full).

- **Step 5:** Bake for approximately 20 minutes, or until the muffin tops are golden and a toothpick inserted into the center of a muffin comes out clean.

- **Step 6:** Cool in the pan for 5 minutes, then transfer to a wire rack. Serve warm.