



These spongy blueberry muffins are ready in just 45 minutes.

by **Betty Crocker Kitchens** Updated Sep 12, 2018

## Ingredients

- Cooking spray to grease muffin cups or 12 paper baking cups
- **1** cup fresh, frozen or canned blueberries
- **1** cup milk
- **1/4** cup vegetable oil
- **1/2** teaspoon vanilla
- **1** large egg
- **2** cups all-purpose flour
- **1/3** cup granulated sugar
- **3** teaspoons baking powder
- **1/2** teaspoon salt

## Steps

- 1 Heat the oven to 400°F. Spray just the bottoms of 12 regular-size muffin cups with the cooking spray, or line each cup with a paper baking cup.
- 2 If using canned blueberries, drain them in a strainer. Rinse fresh or canned blueberries with cool water, and discard any crushed ones. Do not thaw frozen blueberries. Pull off any stems from blueberries.
- 3 In a large bowl, beat the milk, oil, vanilla and egg with a fork or wire whisk until well mixed. Stir in the flour, sugar, baking powder and salt

all at once just until the flour is moistened. The batter will be lumpy. If the batter is mixed too much, the muffins will have high peaks instead of being rounded.

- 4 Carefully stir in the blueberries. Spoon the batter into the muffin cups, dividing batter evenly.
- 5 Bake 20 to 25 minutes or until golden brown. If baked in a sprayed pan, let stand about 5 minutes in the pan, then remove muffins from pan to a cooling rack. If baked in paper baking cups, immediately remove muffins from the pan to a cooling rack. Serve warm or cool.

### **Tips from the Betty Crocker Kitchens**

- Tip 1 - Use a muffin pan with twelve regular-sized muffin cups. Use paper baking cups if desired. Use a cooling rack.
- Tip 2 - Use fat-free (skim) milk, decrease the vegetable oil to 2 tablespoons, and add 1/4 cup of unsweetened applesauce to achieve only three grams of fat and 140 calories per serving.
- Tip 3 - Make the muffin batter as directed. In a medium bowl, mix 1/4 cup of all-purpose flour, 1/4 cup of packed brown sugar, and 1/4 teaspoon of ground cinnamon. Cut in two tablespoons of firm butter or margarine, pulling 2 table knives through the ingredients in opposite directions, using a pastry cutter, or a pastry blender, until crumbly. Divide batter evenly among the muffin cups and springle each with about one tablespoon of streusel.
- Tip 4 - Omit the blueberries. Stir in one cup of chopped apple with the milk. Stir in 1/2 teaspoon of ground cinnamon with the flour. Bake 25 to 30 minutes.
- Tip 5 - For nicely shaped muffins that have no rim round the edge, grease only the bottoms of the muffin cups, using cooking spray.
- Tip 6 - The secret to making tender muffins is to not overmix the batter. Just stir until all of the flour looks moistened and there are some lumps, then gently fold in the blueberries.

### **Chicken Noodle Soup**

- 1 (3 pound) whole chicken
- 4 carrots, halved
- 4 stalks celery, halved
- 1 large onion, halved
- 3 cloves of garlic
- water to cover
- 2 bay leaves
- salt and pepper to taste
- 1 teaspoon chicken bouillon granules (optional)
- 2 1/2 cups wide egg noodles
- 2 tablespoons chopped, fresh parsley leaves
- 2 tablespoons chopped, fresh dill
- 1 tablespoon freshly squeezed lemon juice

## DIRECTIONS

1. Put the chicken, carrots, celery, onion, garlic, and bay leaves in a large soup pot and cover with cold water. Heat and simmer, uncovered, until the chicken meat falls off of the bones (approximately 90 minutes). Skim off the foam every so often.
2. Take everything out of the pot, strain the broth, and allow the cooked vegetables and chicken to cool. Pick the meat off of the chicken bones and discard the bones. Chop the chicken meat, celery, carrots, onion, and garlic.
3. Return the broth to the pan and season with salt, pepper, and chicken bouillon to taste. Add the chopped chicken, celery, carrots, onion, garlic to the broth. Add the noodles, parsley, dill, and lemon juice. Boil for 6-7 minutes, until the noodles are cooked to the desired firmness.
4. Serve immediately and enjoy.

## **Best Broccoli Salad Recipe**

LoveandLemons.com You won't miss the bacon in this lightened-up take on classic broccoli salad. Smoky roasted nuts take its place, adding delectable savory bites. A lightly creamy, sweet & tangy dressing takes the whole thing over the top. This broccoli salad recipe is the perfect easy cookout side dish! Tangy, refreshing, and full of yummy, sweet/salty flavor. It is a lighter version of the classic recipe, made with less mayo and no sugar, meat, or dairy.

### **Ingredients**

- 1 pound broccoli crowns
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons mayonnaise (vegan mayo works great too)
- 1½ tablespoons apple cider vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon maple syrup or honey
- 1 garlic clove, minced
- ¼ teaspoon sea salt, more to taste
- ⅓ cup diced red onions
- ⅓ cup dried cranberries

### **Smoky tamari almonds**

- ½ cup almonds
- ½ cup pepitas
- 1 tablespoon tamari
- ½ teaspoon maple syrup
- ¼ teaspoon smoked paprika, more to taste

### **Instructions**

1. Preheat the oven to 350°F and line a baking sheet with parchment paper.
2. Chop the broccoli florets into ½-inch pieces and any remaining stems into ¼-inch dice. Peel any woody or course parts from the stem first.
3. In the bottom of a large bowl, whisk together the olive oil, mayo, apple cider vinegar, mustard, maple syrup, garlic, and salt. Add the broccoli, onions, and cranberries and toss to coat.
4. Place the almonds and pepitas on the baking sheet, toss with the tamari, maple syrup, and smoked paprika and spread into a thin layer. Bake 10 to 14 minutes or until golden brown. Remove from the oven and let cool for 5 minutes (they'll get crispier as they sit).
5. Toss the almonds and pepitas into the salad, reserving a few to sprinkle on top. Season to taste and serve.

### **Broccoli Salad Tips**

Want to make the best broccoli salad around? Here are a few simple tips:

- **Cut your broccoli small.** Because the broccoli stays raw for this dish, you want to make sure the pieces are small enough to become fully coated and soften in the dressing. Also, when the broccoli pieces are a similar size to the other ingredients in the salad, you can get a little of everything in each bite.
- **Let it marinate.** This salad is good right after it's made, but it's even better after a few hours (or even days) in the fridge. The broccoli softens and absorbs the flavors of the dressing – my family loved it on day three!
- **Save some nuts for the last minute.** Sure, I like to make this salad ahead so that the flavors can develop, but the key to making it great is the super crispy, smoky nuts & seeds on top. If you add them too early, they'll lose their crunch, so save some to sprinkle on right before serving!
- **Broccoli Salad Serving Suggestions**
- If you make this recipe for a cookout, it'd be great alongside veggie burgers, black bean burgers, portobello “dogs”, or BBQ jackfruit sandwiches. As I said above, it's the perfect recipe to make ahead – I think it actually improves over time, as the broccoli softens in the dressing and the flavors develop as it sits.