

In the Kitchen with Bradley

Today in Stay & Play we made Blueberry Muffins!

Tools we used: Measuring Cups & Spoons; Bowl, Whisk, Spatula, Ramekin

Techniques we practiced: Measuring, Mixing, Folding

Ingredients

- ◆ 3/4 cup all-purpose flour
- ◆ 3/4 teaspoon baking powder
- ◆ 1/8 teaspoon salt
- ◆ 2 tablespoons salted butter, melted
- ◆ 3 tablespoons sugar
- ◆ 1 large egg yolk
- ◆ 3/4 teaspoon vanilla extract
- ◆ 4 tablespoons milk (plant-based or cow)
- ◆ 3/4 cup blueberries (fresh or frozen)

*Vegan Substitutions

- ◆ Butter: Plant-based butter
- ◆ Egg Yolk: Whisk together 3 TBS chickpea flour with 3 TBS room temperature flour until well combined and fluffy---Add to recipe.



Directions

1. Heat oven to 400 degrees F (200 degrees C).
2. In a small bowl, mix together flour, baking powder, and salt.
3. In a separate medium-sized bowl, stir together melted butter and sugar. Add egg yolk, vanilla, and milk and whisk until completely blended. Stir wet ingredients into dry ingredients, gently fold in blueberries and pour into a buttered 10-ounce ramekin.
4. Bake for 15-20 minutes or until top is golden and center is completely cooked.
5. Remove ramekin from oven and place on a rack to cool slightly.

Enjoy!