

Wild Blueberry Muffins

By The Bush Wife

Preheat Oven to 400 F

Prepare muffin tins: Line with large parchment paper muffin liners. (If liners are not available, grease 10 cups with shortening.) Leave the middle two center cups unlined (or ungreased).

Do all of this work by hand.

Ingredients

¾ C Picked Wild Blue Berries. Rinse these before you begin working with the rest of the ingredients.

OR, you can use **1C of small wild blueberries** from the frozen food section. Leave these frozen until you add them to the batter.

Note: You are working with small blueberries and not the large juicy type you buy in the produce section.

1 C All purpose flour

3 ½ tsp. Baking powder

½ tsp. Salt

½ tsp. Cinnamon

¾ C Five minute rolled oats

½ C Packed brown sugar

½ Chopped walnuts

1 Egg

1 C Milk

¼ C Canola oil

Mix together the flour, baking powder, salt and cinnamon. Stir in the rolled oats, brown sugar and walnuts. In a separate bowl, beat the egg slightly, and then whisk in the milk and vegetable oil. Add the liquid to the dry ingredients and mix thoroughly, but don't overdo it. Gently fold in the blueberries and mix.

Fill the prepared muffin cups by filling each cup with $\frac{1}{3}$ C of the batter, and then going back and topping off with the remaining batter. (This makes it very easy to fill the cups.)

Pour a little water into the empty cups.

Bake in the preheated oven for 25-30 minutes.

Muffins are delicious right after removing from the oven and also when allowed to sit and cool for later in the day or the next. (They take on an additional delicious quality.)

You can also freeze these and take them out to thaw as you need them.