**Muffins**

**Ingredients:**

2 cups flour

3 Tablespoons baking powder

1/2 teaspoon salt

\*1/2 teaspoon cinnamon (If making apple muffins)

3/4 Cup white sugar

1 egg

1 Cup milk

1/4 Cup vegetable oil

FRUIT: 1 cup of blueberries OR 1 large apple peeled, cored, and diced

**Directions**

1. Preheat oven to 400 degrees F
2. Stir together the flour, baking powder, salt and sugar in a large bowl. (Add the cinnamon if making apple muffins.) Make a well in the center.
3. In a small bowl or 2 cup measuring cup, beat egg with a fork. Stir in milk and oil. Pour all at once into the well in the flour mixture.
4. Mix quickly and lightly with a fork until moistened, **but do not beat**. The batter will be lumpy.
5. Gently fold in 1 cup of blueberries or 1 diced apple.
6. Pour the batter into paper lined or non-stick sprayed muffin pan cups.
7. Bake for 25 minutes or until golden. (Decrease the time if making mini-muffins.)

**Optional topping:** When muffins are out of the oven and safe to touch, dip the tops in 1/4 Cup melted butter then in 1/4 Cup sugar (blueberry) or 1/4 Cup cinnamon-sugar (apple.)