



Giant Blueberry Muffins

From: the Makers of LACTAID® Brand Products

Treat yourself to these giant lactose free muffins loaded with blueberries.



Serves
6 Servings



Prep Time
15 Minutes

Cook Time
30 Minutes

Total Time
45 Minutes

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Ingredients

2 cups all-purpose flour
3/4 cup granulated sugar
2 1/2 teaspoons baking powder
1/2 teaspoon salt
2 beaten eggs
3/4 cup LACTAID® Reduced Fat Milk
1/2 cup cooking oil

1 tablespoon finely shredded orange peel
1 cup fresh or frozen blueberries, thawed
Coarse sugar (optional)

Preparation

1. Preheat oven to 350 degrees F.
2. Lightly grease six 3 1/2-inch muffin cups or line with large paper bake cups. Set aside. In a medium bowl stir together flour, 3/4 cup sugar, baking powder, and salt. Make a well in the center of the flour mixture; set aside.
3. In a small bowl combine eggs, LACTAID® Reduced Fat Milk, oil, and orange peel. Add all at once to the flour mixture. Stir just until moistened (batter should be lumpy). Fold in blueberries.
4. Spoon batter into prepared muffin cups, filling each about 2/3 full. If desired, sprinkle with coarse sugar. Bake in preheated oven for about 30 minutes or until golden. Cool in muffin cups on wire rack 5 minutes. Remove from muffin cups; serve warm.

NOTES: If you prefer standard-size muffins, spoon the batter into twelve 2 1/2-inch muffin cups and bake in a 375 degree F oven for about 20 minutes or until golden.



For nutrition information, please visit
[recipes.lactaid.com](https://www.recipes.lactaid.com)