

REG'S  
KITCHEN  
AUG. 31  
2026



# Blueberry Muffins

SERVINGS: 12 small

PREPPING TIME: 10-12 MIN

COOKING TIME: 20+ MIN

## Ingredients

1 C buttermilk  
½ C melted butter  
2 eggs, beaten  
2.5 C white flour  
1 C sugar  
2.5 tsp baking powder  
¼ tsp salt  
1.5 C blueberries – fresh or frozen

## Instructions

- **Heat Oven:** To 400.
- **Prep:** Grease the muffin pan  
Combine the first 3 ingredients in a smaller bowl & mix  
Combine the next 4 ingredients in a large bowl  
Add the small bowl into the larger one & mix until moist  
Fold in the blueberries
- **Finish:** Fill each muffin well 2/3 full  
Bake for about 20+ minutes (when the toothpick is clean)
- **Topping:** Can mix 1 C icing sugar, a little milk, a bit at a time and a very small amount of maple or vanilla extract.