

# Better Homes & Gardens Blueberry Muffins

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/better-homes-and-gardens-swiss-steak-vintage-recipe>

## Ingredients:

- 1 3/4 cups all purpose flour
- 1/3 cup sugar
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 egg beaten
- 3/4 cup milk
- 1/4 cup oil
- 1 teaspoon lemon zest
- 2 cups fresh blueberries

## Nutrition:

1. Calories: 490 calories
2. Carbohydrate: 74 grams
3. Cholesterol: 55 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 10 grams
7. SaturatedFat: 2 grams
8. Sodium: 470 milligrams
9. Sugar: 28 grams

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