

Orange-Blueberry Muffins

Ingredients

Zest of 2 medium oranges, divided
1 2/3 cups granulated sugar, divided
2 cups skim milk
½ cup vegetable oil
2 large eggs
1 tsp vanilla
2 cups bread flour
2 tbsps baking powder
1 tsp salt
2 cups fresh or frozen (thawed and drained) blueberries

Preparation

1. Heat oven to 400°. Line two regular-sized, 12-count muffin pans with muffin cups.
2. With a food processor, pulse together half of the orange zest and 1 cup granulated sugar. Pour into small bowl and break chunks apart with fingers to make fine powder. Set aside.
3. With an electric mixer, beat together remaining orange zest, milk, vegetable oil, eggs and vanilla.
4. In a separate bowl, whisk together flour, baking powder and salt. Gradually add to wet ingredients until just combined. Do not overmix; batter should be a little lumpy. Fold blueberries in by hand.
5. Fill each muffin cup about 2/3 full of batter. Generously sprinkle sugar-zest mixture over the top of each cup. Bake 20-25 minutes, or until the muffins become slightly golden. Remove from pan and let cool on wire rack. Best served warm.

Yields 24 muffins