



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Blueberry Corn Muffins

Ingredients:

- 1 ¼ cups flour
- ¾ cup cornmeal
- ¼ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- ¼ teaspoon baking soda
- 1 cup 1% milk
- ¼ cup oil
- 1 egg, beaten
- 1 cup fresh or frozen blueberries (partially thawed)
- vegetable oil spray

Makes 12 servings - 34% calories from fat

Instructions:

1. Heat oven to 425° F. Grease bottoms only with vegetable oil spray, of 12 cup muffin pan, or line with paper baking cups.
2. In medium bowl combine flour, cornmeal, sugar, baking powder, salt and baking soda.
3. Stir in milk, oil, and egg, mixing just until dry ingredients are moistened. Fold in blueberries.
4. Fill prepared muffin cups ¾ full. Bake 15 to 20 minutes or until golden brown.
5. Serve warm.

Nutrition Facts

Serving Size 1 muffin	
Servings Per Container 12	
Amount Per Serving	
Calories 160	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 230mg	10%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Sugars 6g	
Protein 3g	
Vitamin A 2%	• Vitamin C 2%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.