

CHEF & CHILD FOUNDATION RECIPE COLLECTION

BLUEBERRY MUFFINS

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SERVINGS
PER RECIPE: 24



Ingredients:

- 2 cups flour
- 1 1/4 cups sugar
- 2 teaspoons baking powder
- 1/2 cup oil
- 2 eggs
- 1/2 cup milk
- 2 cups fresh blueberries or frozen without juice

Directions:

1. Preheat oven to 350 degrees.
2. In a bowl, mix flour, sugar, baking powder, and oil until dry and crumbly.
3. Fold in blueberries.
4. Spoon into greased muffin cups.
5. Bake 45 minutes until tops are golden brown.
6. Cool on rack, remove from muffin cups.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.

Nutrition Facts

Serving Size (48g)
Servings Per Container
Calories 130
Fat Cal. 45

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 5g	8%	Total Carb 18g	7%
Sat. Fat 1g	5%	Fiber 1g	4%
Trans Fat 0g		Sugars 12g	
Cholest. 20mg	7%	Protein 2g	
Sodium 55mg	2%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 0% • Vitamin C 2% • Calcium 2% • Iron 4%			



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