



# MAINES

**PAPER & FOOD SERVICE, INC.**

## Blueberry Muffins

**Ingredients** **Yield: 12 Servings**

- 3 c. Flour, All purpose
- 1 Tlb. Baking Powder
- 1 1/2 tsp. Salt
- 1/3 c. Butter, softened
- 2 c. Sugar, granulated
- 3 ea. Eggs, large
- 2/3 c. Buttermilk
- 1 Tlb. Vanilla extract
- 1/3 c. Canola oil
- 2 c. Blueberries, fresh or frozen
- 3 Tlb. Sugar, Raw for topping
- 12 ea. Muffin liner papers

**Preparation Instructions:**

1. Preheat oven to 350 degrees. Prepare the muffin tin by lining with muffin liner papers
2. In a mixing bowl sift the flour, baking powder, and salt together. Set aside.
3. In an electric mixing bowl using the paddle attachment cream the butter and sugar together until very smooth. Approximately 3 minutes.
4. In another mixing bowl whisk the eggs, buttermilk, vanilla and oil together. The gradually add the egg mixture to the butter mixture while mixing on medium speed and continue mixing until smooth. Scrape down the bowl to blend evenly.
5. Stir the flour mixture into the creamed butter mixture until the batter is evenly blended. Do not over mix. Fold in the blueberries.
6. Fill the prepared muffin tins about three-quarters full. Gently tap the filled tins on counter to release any air bubbles. Sprinkle the tops of the muffins with the coarse sugar. Bake until a skewer inserted into centers of a muffin comes out clean and the tops are golden brown, approximately 30 minutes.
7. Cool the muffins in the pan for about 10 minutes before removing them from the pan. The muffins can be served warm or room temperature, or transfer them to a cooling rack to finish cooling before storing them in an airtight container. Note: Muffins can be frozen for up to 6 weeks.

Ingredients		Maines Product Code #	Amount	Cost
Flour, All purpose	Gold Medal	381254	3 c.	\$0.48
Baking Powder	Calumet	389100	1Tlb.	\$0.07
Salt	Katy's Kitchen	340620	1 1/2 tsp.	\$0.03
Butter	Grassland	000110	1/3 c.	\$0.26
Sugar, granulated	Domino	380424	2 c.	\$0.48
Eggs, large	Maines	092112	3 ea.	\$0.27
Buttermilk	Crowley	094440	2/3 c.	\$0.18
Vanilla extract	Culinary Secrets	350754	1 Tlb.	\$0.08
Canola oil	Promise	370647	1/3 c.	\$0.26
Blueberries	Fresh	096107	2 c.	\$7.52
Sugar, Raw	Sugar Foods	306830	3 Tlb.	\$0.24
Muffin Liner Papers	Reynolds	407157	12 ea.	\$1.56

Recipe Cost	\$11.43
Portion Cost	\$0.95

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$1.95	\$0.95	\$1.00	48.72%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$2.50	\$0.95	\$1.55	38.00%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost %
\$2.95	\$0.95	\$2.00	32.20%