



Make Blueberry Muffins!

Adapted from

<https://www.inspiredtaste.net/18982/our-favorite-easy-blueberry-muffin-recipe/>



Ingredients

- 1 ½ cups all-purpose flour
- ¾ cup white sugar
- ¼ teaspoon sea salt
- 2 teaspoons baking powder
- 1/3 cup vegetable oil
- 1 egg
- 1/3 – ½ cup milk or non-dairy substitute
- 1 ½ teaspoons vanilla extract
- 1 cup frozen or fresh blueberries

Method

Heat oven to 400 degrees. Line a muffin tin with 10 liners and fill the remaining cups with 2 tablespoons water for even cooking. Mix the flour, sugar, baking powder and salt in a large bowl. In a small bowl, add oil, egg, milk, and vanilla. Whisk to combine. Add milk mixture to dry ingredients and combine with a fork (do not over mix!). Gently fold in the blueberries. Add batter to the 10 muffin cups and bake for 15-20 minutes until a toothpick comes out clean. Eat within 3 days or freeze up to 3 months.

Make it language based:

Talk about each ingredient as you add it to the bowl (“now we’re putting in the blueberries”). Describe each action to help your child learn verbs associated with cooking (“I’m *stirring* the batter” or “I’m *measuring* the flour”). When the muffins are done, use sensory words to describe them (“they *smell* sweet!” or “they *taste* a little bit tart from the blueberries”). Ask your child what he or she smells and tastes.

Go Blueberry Picking



Materials

- Blue pom-poms (or other material that resembles blueberries)
- Bucket or other type of container

Prep

- Hide the pom-poms (or other material) around the room or outside
- Give your child a bucket

Go Picking! Make it language based:

Walk around the room or outdoor space searching for “blueberries.” When you find them, place them in your pail – *kerplink*, *kerplank*, *kerplunk*! Have fun saying the sounds. Talk about where you found each blueberry – “*under* the chair” or “*on top of* the table” – to practice prepositions. *Count* how many blueberries are in the pail at the end.

