



# Grandma's Blueberry Cupcakes *A Family Tradition*

Serves 18

## INGREDIENTS

### CUPCAKES:

- 1/3 cup shortening
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 1 cup sugar
- 1 egg
- 2 1/2 teaspoons baking powder
- 2 cups flour, sifted
- 3/4 cup milk
- 1 cup blueberries
- Cupcake liners (optional)
- 2, 12-count muffin pans

### FROSTING (OPTIONAL):

- 3 cups powdered sugar
- 1/2 cup unsalted butter, softened
- 1 teaspoon vanilla extract
- 1 tablespoon vanilla almond milk

## DIRECTIONS

1. Preheat oven to 400° F. Line a 12-count muffin pan with cupcake liners and a second muffin pan with 6 liners (or can make in two batches if you only have one muffin pan).
2. Blend the shortening, salt, vanilla, egg and sugar on high speed with a mixer. In a separate bowl, mix the baking powder and flour. Alternate adding the dry mixture and the milk to the blended shortening mixture (add about a third of each at a time). Then fold the blueberries into the batter by hand.
3. Pour batter into cupcake liners. Bake for 15-18 minutes.

*Frosting (optional): Mix powdered sugar and butter at high speed with hand mixer. Add vanilla and almond milk and continue to blend until smooth. Spread frosting on cooled blueberry cupcakes.*

## NUTRITION:

*Nutrition info is for cupcake without the optional frosting.*

162 calories  
3 g protein

45 mg phosphorus  
40 mg potassium

140 mg sodium