King Arthur Muffins (adapted)

2 cups all-purpose flour

1/2 cup sugar

1 tablespoon baking powder

1 cup milk

1/4 cup vegetable oil

2 large eggs

1 cup berries (frozen or fresh)

Instructions

1. Preheat your oven to 500°F. Lightly grease the cups of a standard 12-cup muffin pan. Or line the cups with papers, and grease the papers.
2. **Blend** together the dry ingredients.
3. Whisk the liquid ingredients together — milk, oil, and eggs — until light.
4. Pour the wet ingredients into the dry ingredients. Blend the two briefly with a rubber scraper — about 20 seconds should do it – batter will be lumpy.
5. If using frozen berries, **toss** gently in 2 tbsp. flour. Gently **fold** berries into batter.
6. Fill the cups of the muffin pan two-thirds to three-quarters full. Place the muffins in the oven and immediately drop the temperature to 400°F.
7. Bake the muffins for 15 to 20 minutes, or until a toothpick inserted into the middle of one of the center muffins comes out clean. Remove them from the oven, and as soon as you can handle them turn them out of the pan onto a rack to cool.