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BLACKROCK MUNIHOLDINGS FLORIDA INSURED FUND, INC.

Form N-Q

July 27, 2007

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

FORM N-Q

QUARTERLY SCHEDULE OF PORTFOLIO HOLDINGS OF REGISTERED
MANAGEMENT INVESTMENT COMPANY

Investment Company Act File number 811-8349

Name of Fund: BlackRock MuniHoldings Florida Insured Fund

Fund Address: P.O. Box 9011
Princeton, NJ 08543-9011

Name and address of agent for service: Robert C. Doll, Jr., Chief Executive
Officer, BlackRock MuniHoldings Florida Insured Fund, 800 Scudders Mill
Road, Plainsboro, NJ 08536. Mailing address: P.O. Box 9011, Princeton,
NJ 08543-9011

Registrant's telephone number, including area code: (609) 282-2800

Date of fiscal year end: 08/31/2007

Date of reporting period: 03/01/07 - 05/31/07

Item 1 - Schedule of Investments

BlackRock MuniHoldings Florida Insured Fund
Schedule of Investments as of May 31, 2007 (unaudited) (in Thousands)

	Face Amount	Municipal Bonds
District of Columbia - 0.4%	\$ 2,050	Metropolitan Washington Airports Authority, D.C., A Revenue Bonds, AMT, Series A, 5.25% due 10/01/2032
Florida - 153.2%	6,600	Alachua County, Florida, School Board, COP, 5.25% d
	3,490	Bay County, Florida, Sales Tax Revenue Bonds, 5% du
	3,665	Bay County, Florida, Sales Tax Revenue Bonds, 5% du
	4,190	Beacon Tradeport Community Development District, FL Assessment Revenue Refunding Bonds (Commercial Proj 5.625% due 5/01/2032 (k)
	8,000	Broward County, Florida, Educational Facilities Aut Bonds (Nova Southeastern University), 5% due 4/01/2
	3,000	Cape Coral, Florida, Special Obligation Revenue Bon 5% due 10/01/2030 (a)

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4,190	Cape Coral, Florida, Special Obligation Revenue Bonds 5% due 10/01/2033 (a)
410	Clay County, Florida, HFA, S/F Mortgage Revenue Bonds 6.55% due 3/01/2028 (d) (i)
1,320	Clay County, Florida, School Board, COP (Master Lease) 5.75% due 7/01/2010 (a) (j)
900	Collier County, Florida, IDA, IDR, Refunding (Southern States Utilities), AMT, 6.50% due 10/01/2026 (a) (k)
20,575	Dade County, Florida, Water and Sewer System Revenue Bonds 5.25% due 10/01/2021 (h)
21,640	Dade County, Florida, Water and Sewer System Revenue Bonds 5.25% due 10/01/2026 (h)
2,000	Deltona, Florida, Transportation Capital Improvement Bonds 5.125% due 10/01/2026 (a)
1,130	Emerald Coast, Florida, Utilities Authority, System Revenue Bonds 5.25% due 1/01/2026 (h)
1,560	Emerald Coast, Florida, Utilities Authority, System Revenue Bonds 5.25% due 1/01/2036 (h)
80	Escambia County, Florida, HFA, S/F Mortgage Revenue Bonds (Multi-County Program), AMT, Series A, 6.30% due 10/01/2026 (a)
305	Escambia County, Florida, HFA, S/F Mortgage Revenue Bonds (Multi-County Program), AMT, Series A, 6.375% due 10/01/2026 (a)
1,835	Flagler County, Florida, Capital Improvement Revenue Bonds 5% due 10/01/2035 (a)
1,455	Florida HFA, Homeowner Mortgage Revenue Refunding Bonds Series 2, 5.75% due 7/01/2014 (a)
11,025	Florida HFA, Homeowner Mortgage Revenue Refunding Bonds Series 2, 5.90% due 7/01/2029 (a)

Portfolio Abbreviations

To simplify the listings of BlackRock MuniHoldings Florida Insured Fund's portfolio holdings in the Schedule of Investments, we have abbreviated the names of many of the securities according to the list below.

AMT	Alternative Minimum Tax (subject to)
COP	Certificates of Participation
GO	General Obligation Bonds
HFA	Housing Finance Agency
IDA	Industrial Development Authority
IDR	Industrial Development Revenue Bonds
M/F	Multi-Family
S/F	Single-Family

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BlackRock MuniHoldings Florida Insured Fund
 Schedule of Investments as of May 31, 2007

(in Thousands)

Face Amount	Municipal Bonds
\$ 12,000	Florida Higher Educational Facilities Financing Authority Bonds (Flagler College, Inc. Project), 5.25% due 11/01/2022 (a)
3,900	Florida Housing Finance Corporation, Homeowner Mortgage Bonds, AMT, Series 2, 4.80% due 7/01/2032 (d) (e) (g)
5,975	Florida Housing Finance Corporation, Homeowner Mortgage Bonds, AMT, Series 11, 5.95% due 1/01/2032 (c)
780	Florida Housing Finance Corporation, Homeowner Mortgage Refunding Bonds, AMT, Series 4, 6.25% due 7/01/2022 (a)
2,055	Florida Housing Finance Corporation, Housing Revenue Bonds (Waverly Apartments), AMT, Series C-1, 6.30% due 7/01/2022 (a)
1,285	Florida Municipal Loan Council Revenue Bonds, Series 2005, 5.375% due 11/01/2025 (a)
4,150	Florida Municipal Loan Council Revenue Bonds, Series 2005, 5.375% due 11/01/2030 (a)
3,750	Florida State Board of Education, Capital Outlay, General Public Education, Refunding, Series D, 5.75% due 6/01/2022 (a)
1,000	Florida State Board of Education, Capital Outlay, General Public Education, Series C, 5.75% due 6/01/2010 (h)
2,200	Florida State Board of Regents, Housing Revenue Bonds (University of Central Florida), 5.25% due 10/01/2022 (a)
7,165	Florida State Board of Regents, University Systems Revenue Bonds, 5.25% due 7/01/2007 (a) (j)
3,505	Florida State Department of Management Services, District Facilities Management Revenue Bonds (Florida Facilities Management), Series A, 6% due 9/01/2010 (b) (j)
2,350	Florida State Governmental Utility Authority, Utility Revenue Bonds (Citrus Utility System), 5.125% due 10/01/2033 (b)
2,900	Florida State Governmental Utility Authority, Utility Revenue Bonds (Lehigh Utility System), 5.125% due 10/01/2033 (b)
8,805	Fort Myers, Florida, Utility System Revenue Refunding Bonds, 5% due 10/01/2031 (a)
16,000	Hernando County, Florida, School Board, COP, 5% due 10/01/2022 (a)
7,285	Highlands County, Florida, Health Facilities Authority Revenue Bonds (Adventist Health System), Series C, 5.25% due 10/01/2022 (a)
6,340	Hillsborough County, Florida, HFA, S/F Mortgage Revenue Bonds, AMT, Series 1, 5.375% due 10/01/2049 (d) (e) (g)

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BlackRock MuniHoldings Florida Insured Fund
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(in Thousands)

Face Amount	Municipal Bonds
\$ 3,425	Hillsborough County, Florida, Port District Revenue (Tampa Port Authority Project), AMT, 5% due 6/01/20
6,600	Hillsborough County, Florida, School Board, COP, 5.375% due 7/01/2009 (a) (j)
33,400	Hillsborough County, Florida, School Board, COP, 6%
1,300	Indian River County, Florida, Water and Sewer Reven Series A, 5.25% due 9/01/2018 (h)
1,800	Jacksonville, Florida, Economic Development Commiss Care Facilities Revenue Bonds (Mayo Clinic-Jacksonv Series A, 5.50% due 11/15/2036 (a)
4,000	Jacksonville, Florida, Economic Development Commiss Revenue Refunding Bonds (Anheuser Busch Company Pro AMT, Series B, 4.75% due 3/01/2047
7,305	Jacksonville, Florida, Guaranteed Entitlement Reven and Improvement Bonds, 5.25% due 10/01/2032 (h)
10,000	Jacksonville, Florida, Health Facilities Authority, Revenue Bonds (Baptist Medical Center Project), Series A, 5% due 8/15/2037
1,870	Jacksonville, Florida, Port Authority, Seaport Reven 5.625% due 11/01/2026 (a)
2,000	Jacksonville, Florida, Sales Tax Revenue Bonds, 5.5
3,800	Jacksonville, Florida, Sales Tax Revenue Bonds, 5.5
11,400	Jacksonville, Florida, Sales Tax Revenue Bonds, 5%
1,500	Jacksonville, Florida, Water and Sewer Revenue Bond (United Water Florida Project), AMT, 6.35% due 8/01
5,000	Lake County, Florida, School Board, COP, Series A,
4,225	Lee County, Florida, Capital Revenue Bonds, 5.25% d
980	Lee County, Florida, HFA, S/F Mortgage Revenue Bond (Multi-County Program), AMT, Series A, 5% due 3/01/
85	Lee County, Florida, HFA, S/F Mortgage Revenue Bond (Multi-County Program), AMT, Series A-1, 7.20% due

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360	Lee County, Florida, HFA, S/F Mortgage Revenue Refu AMT, Series A-2, 6.30% due 3/01/2029 (d) (e) (g)
7,375	Lee County, Florida, School Board, COP, Series A, 5
9,000	Lee Memorial Health System, Florida, Hospital Reven Series A, 5% due 4/01/2032 (b)
1,605	Leesburg, Florida, Capital Improvement Revenue Bond 5.25% due 10/01/2027 (h)
3,425	Leesburg, Florida, Capital Improvement Revenue Bond 5.25% due 10/01/2034 (h)
345	Manatee County, Florida, HFA, S/F Mortgage Revenue AMT, Sub-Series 1, 6.25% due 11/01/2028 (d)

BlackRock MuniHoldings Florida Insured Fund
Schedule of Investments as of May 31, 2007

(in Thousands)

Face Amount	Municipal Bonds
\$ 3,675	Marco Island, Florida, Utility System Revenue Bonds 5% due 10/01/2033 (a)
1,000	Marion County, Florida, Hospital District, Revenue (Monroe Regional Medical Center), 5% due 10/01/2029
5,000	Marion County, Florida, Hospital District, Revenue (Monroe Regional Medical Center), 5% due 10/01/2034
5,990	Martin County, Florida, Utilities System Revenue Bo 5.125% due 10/01/2033 (b)
1,630	Miami Beach, Florida, Stormwater Revenue Bonds, 5.7
1,000	Miami Beach, Florida, Stormwater Revenue Bonds, 5.2
4,400	Miami Beach, Florida, Stormwater Revenue Bonds, 5.2
1,910	Miami Beach, Florida, Stormwater Revenue Bonds, 5.3
2,690	Miami Beach, Florida, Water and Sewer Revenue Bonds 5.625% due 9/01/2018 (b)
10,600	Miami Beach, Florida, Water and Sewer Revenue Bonds 5.75% due 9/01/2025 (b)
7,735	Miami-Dade County, Florida, Aviation Revenue Bonds, 5% due 10/01/2033 (c)
8,285	Miami-Dade County, Florida, Aviation Revenue Bonds, 5.125% due 10/01/2035 (c)

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6,000	Miami-Dade County, Florida, Aviation Revenue Bonds (Miami International Airport), AMT, Series A, 6% du
10,000	Miami-Dade County, Florida, Aviation Revenue Bonds (Miami International Airport), AMT, Series A, 6% du
1,000	Miami-Dade County, Florida, Aviation Revenue Refund (Miami International Airport), AMT, Series A, 5% du
5,450	Miami-Dade County, Florida, Aviation Revenue Refund (Miami International Airport), AMT, Series A, 5% du
1,000	Miami-Dade County, Florida, Educational Facilities Revenue Bonds (University of Miami), Series A, 5.50
5,000	Miami-Dade County, Florida, Educational Facilities Revenue Bonds (University of Miami), Series A, 5.75
19,425	Miami-Dade County, Florida, Educational Facilities Revenue Bonds (University of Miami), Series A, 6% d
4,200	Miami-Dade County, Florida, Educational Facilities Revenue Bonds (University of Miami), Series A, 5% d
8,995	Miami-Dade County, Florida, Expressway Authority, T Revenue Bonds, Series B, 5.25% due 7/01/2027 (h)
12,640	Miami-Dade County, Florida, Expressway Authority, T Revenue Bonds, Series B, 5% due 7/01/2033 (h)

BlackRock MuniHoldings Florida Insured Fund
Schedule of Investments as of May 31, 2007

(in Thousands)

Face Amount	Municipal Bonds
\$ 12,250	Miami-Dade County, Florida, Expressway Authority, T Revenue Refunding Bonds, 5.125% due 7/01/2025 (h)
6,705	Miami-Dade County, Florida, GO (Parks Program), 6%
2,185	Miami-Dade County, Florida, HFA, M/F Mortgage Reven (Marbrisa Apartments Project), AMT, Series 2A, 6% d
5,100	Miami-Dade County, Florida, IDA, IDR (Airis Miami I AMT, 6% due 10/15/2019 (b)
3,280	Miami-Dade County, Florida, IDA, IDR (BAC Funding C Series A, 5.25% due 10/01/2020 (b)
2,945	Miami-Dade County, Florida, Solid Waste System Reve 5.50% due 10/01/2015 (c)
3,105	Miami-Dade County, Florida, Solid Waste System Reve 5.50% due 10/01/2016 (c)

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8,800	Miami-Dade County, Florida, Solid Waste System Revenue Bonds, 5.25% due 10/01/2030 (a)
4,510	Nassau County, Florida, Public Improvement Revenue Bonds, 5.75% due 5/01/2011 (a) (j)
5,175	Nassau County, Florida, Water and Sewer System Revenue Bonds, 5.125% due 9/01/2033 (a)
525	Orange County, Florida, HFA, S/F Mortgage Revenue Bonds, 6.85% due 10/01/2027 (d) (g)
2,900	Orange County, Florida, Health Facilities Authority Revenue Bonds (Adventist Health System), 6.25% due 10/01/2027 (a) (j)
9,220	Orange County, Florida, Health Facilities Authority Revenue Bonds (Orlando Regional Healthcare), 6% due 10/01/2027 (a) (j)
5,000	Orange County, Florida, Health Facilities Authority Revenue Bonds (Orlando Regional Healthcare), Series B, 6.25% due 10/01/2018 (a)
1,300	Orange County, Florida, School Board COP, 5.50% due 10/01/2012 (b) (j)
31,745	Orange County, Florida, Tourist Development, Tax Revenue Bonds, 5.75% due 10/01/2009 (b) (j)
3,250	Orlando and Orange County, Florida, Expressway Authority Series B, 5% due 7/01/2030 (b)
37,550	Orlando and Orange County, Florida, Expressway Authority Series B, 5% due 7/01/2035 (b)
7,680	Osceola County, Florida, Infrastructure Sales Surplus Revenue Bonds, 5.25% due 10/01/2012 (b) (j)
3,155	Osceola County, Florida, Infrastructure Sales Surplus Revenue Bonds, 5.375% due 10/01/2012 (b) (j)

BlackRock MuniHoldings Florida Insured Fund
Schedule of Investments as of May 31, 2007

(in Thousands)

Face Amount	Municipal Bonds
\$ 5,560	Osceola County, Florida, Tourist Development Tax Revenue Bonds Series A, 5.50% due 10/01/2027 (h)
6,115	Palm Beach County, Florida, School Board, COP, Refunding Bonds, 5.375% due 8/01/2017 (b)
5,070	Palm Beach County, Florida, School Board, COP, Series B, 6% due 8/01/2010 (h) (j)

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13,205	Palm Beach County, Florida, School Board, COP, Series A, 6.25% due 8/01/2010 (h) (j)
13,500	Palm Beach County, Florida, School Board, COP, Series A, 5% due 8/01/2031 (c)
4,000	Palm Coast, Florida, Utility System Revenue Bonds, Series A, 5% due 10/01/2022 (a)
3,000	Panama City, Florida, Water and Sewer Revenue Bonds, Series A, 5.25% due 10/01/2022 (a)
2,070	Pembroke Pines, Florida, Public Improvement Revenue Bonds, Series A, 5% due 10/01/2034 (b)
4,940	Polk County, Florida, Public Facilities Revenue Bonds, Series A, 5% due 12/01/2033 (a)
9,885	Polk County, Florida, School Board COP, Master Lease, Series A, 5.50% due 1/01/2025 (c)
1,280	Port St. Lucie, Florida, Utility Revenue Bonds, Series A, 5.25% due 10/01/2028 (a)
1,345	Port St. Lucie, Florida, Utility Revenue Bonds, Series A, 5.25% due 10/01/2028 (a)
5,000	Port St. Lucie, Florida, Utility System Revenue Refunding Series A, 5% due 9/01/2028 (a)
5,335	Port St. Lucie, Florida, Utility System Revenue Refunding Series A, 5% due 9/01/2029 (a)
1,275	Saint Johns County, Florida, IDA, IDR, Refunding (Professional Golf Project), 5.50% due 9/01/2015 (a)
1,345	Saint Johns County, Florida, IDA, IDR, Refunding (Professional Golf Project), 5.50% due 9/01/2016 (a)
1,420	Saint Johns County, Florida, IDA, IDR, Refunding (Professional Golf Project), 5.50% due 9/01/2017 (a)
1,500	Saint Johns County, Florida, IDA, IDR, Refunding (Professional Golf Project), 5.50% due 9/01/2018 (a)
2,945	Saint Johns County, Florida, Ponte Vedra Utility System, Series A, 5% due 10/01/2030 (c)
4,980	Saint Johns County, Florida, Ponte Vedra Utility System, Series A, 5% due 10/01/2035 (c)
1,375	Saint Johns County, Florida, Sales Tax Revenue Bonds, Series A, 5.25% due 10/01/2028 (b)
1,355	Saint Johns County, Florida, Sales Tax Revenue Bonds, Series A, 5.25% due 10/01/2031 (b)
2,000	Saint Johns County, Florida, Sales Tax Revenue Bonds, Series A, 5.25% due 10/01/2034 (b)
1,430	Saint Johns County, Florida, Sales Tax Revenue Bonds, Series A, 5.25% due 10/01/2027 (b)
840	Saint Johns County, Florida, Sales Tax Revenue Bonds, Series A, 5.25% due 10/01/2032 (b)

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3,500	Saint Johns County, Florida, Transportation Improvement Bonds, Series A, 5.125% due 10/01/2032 (b)
4,055	Saint Lucie County, Florida, School Board, COP, Series A, 6.25% due 7/01/2010 (c) (j)
1,495	Saint Lucie County, Florida, School Board, COP, Refunding Bonds, Series A, 5.50% due 7/01/2018 (c)

BlackRock MuniHoldings Florida Insured Fund
Schedule of Investments as of May 31, 2007

(in Thousands)

Face Amount	Municipal Bonds
\$ 1,170	Saint Lucie County, Florida, School Board, COP, Refunding Bonds, Series C, 5.50% due 7/01/2018 (c)
1,720	Saint Lucie, Florida, West Services District, Utility Revenue Bonds, Series A, 5.25% due 10/01/2034 (a)
4,750	Saint Lucie, Florida, West Services District, Utility Revenue Bonds, Series A, 5% due 10/01/2038 (a)
3,250	Saint Lucie, Florida, West Services District, Utility Revenue Bonds, Senior Lien, 6% due 10/01/2022 (a)
6,615	South Florida Water Management District, COP, 5% due 10/01/2034 (a)
1,750	South Lake County, Florida, Hospital District Revenue Bonds (South Lake Hospital, Inc.), 5.80% due 10/01/2034
2,250	Sunrise, Florida, Utility System Revenue Refunding Bonds, Series A, 5.20% due 10/01/2022 (b)
2,430	Sunrise Lakes, Florida, Phase 4 Recreation District GO, 5.25% due 8/01/2024 (b)
2,800	Tallahassee, Florida, Lease Revenue Bonds (Florida University Project), Series A, 5.25% due 8/01/2023
1,000	Tallahassee, Florida, Lease Revenue Bonds (Florida University Project), Series A, 5.375% due 8/01/2026
30,335	Tampa Bay, Florida, Water Utility System Revenue Bonds, Series A, 6% due 10/01/2011 (h) (j)
3,835	Taylor County, Florida, Sales Tax Revenue Bonds, 6% due 10/01/2011 (h) (j)
8,935	University of Central Florida (UCF) Athletics Association, COP, Series A, 5.25% due 10/01/2034 (h)
10,775	Village Center Community Development District, Florida, Recreational Revenue Bonds, Series A, 5.375% due 11/01/2034 (h)

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	1,750	Village Center Community Development District, Florida Recreational Revenue Bonds, Series A, 5.125% due 11/1/2023 (a)
	3,000	Village Center Community Development District, Florida Revenue Bonds, 5.25% due 10/01/2023 (a)
	2,075	Volusia County, Florida, IDA, Student Housing Revenue (Stetson University Project), Series A, 5% due 6/01/2023 (a)
	1,740	Volusia County, Florida, IDA, Student Housing Revenue (Stetson University Project), Series A, 5% due 6/01/2023 (a)
Georgia - 1.9%	9,700	Atlanta, Georgia, Airport Passenger Facility Charge Lien General Revenue Refunding Bonds, Series C, 5% due 12/01/2023 (a)

BlackRock MuniHoldings Florida Insured Fund
Schedule of Investments as of May 31, 2007

(in Thousands)

	Face Amount	Municipal Bonds
Puerto Rico - 1.5%	\$ 2,500	Puerto Rico Commonwealth Highway and Transportation Transportation Revenue Refunding Bonds, Series M, 5.25% due 7/01/2026
	2,600	Puerto Rico Commonwealth, Public Improvement, GO, Series A, 5.25% due 7/01/2026
	2,725	Puerto Rico Industrial Tourist, Educational, Medical Environmental Control Facilities Revenue Bonds (University Plaza Project), Series A, 5.625% due 7/01/2026 (a)
		Total Municipal Bonds (Cost - \$823,268) - 157.0%
		Municipal Bonds Held in Trust (f)
Florida - 19.8%	28,210	Florida State Board of Education, Lottery Revenue Bonds, Series A, 6.25% due 7/01/2010 (h) (j)
	28,650	Florida State Turnpike Authority, Turnpike Revenue Bonds, Series A, 6.25% due 7/01/2010 (h) (j)
	19,925	Lee County, Florida, Airport Revenue Bonds, AMT, Series A, 6% due 10/01/2029 (c)
	15,513	Miami-Dade County, Florida, Aviation Revenue Refunding Bonds, Series A, 5% due 10/01/2029 (c)
	8,790	Santa Rosa County, Florida, School Board, COP, Revenue Bonds, Series 2, 5.25% due 2/01/2031 (h)
		Total Municipal Bonds Held in Trust (Cost - \$103,611)
	Shares Held	Short-Term Securities

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1,220	CMA Florida Municipal Money Fund, 3.14% (m) (o)
Total Short-Term Securities (Cost - \$1,220) - 0.2%	
Total Investments (Cost - \$928,103*) - 177.0%	
Liabilities in Excess of Other Assets - (0.4%)	
Liability for Trust Certificates, Including Interest Expense Payable - (9.7%)	
Preferred Shares, at Redemption Value - (66.9%)	
Net Assets Applicable to Common Shares - 100.0%	

* The cost and unrealized appreciation (depreciation) of investments as of May 31, 2007, as computed for federal income tax purposes, were as follows:

Aggregate cost	\$ 882,942
	=====
Gross unrealized appreciation	\$ 27,632
Gross unrealized depreciation	(1,393)

Net unrealized appreciation	\$ 26,239
	=====

- (a) MBIA Insured.
- (b) AMBAC Insured.
- (c) FSA Insured.
- (d) GNMA Collateralized.
- (e) FHLMC Collateralized.

BlackRock MuniHoldings Florida Insured Fund
Schedule of Investments as of May 31, 2007 (in Thousands)

- (f) Securities represent underlying bonds transferred to a separate securitization trust established in a tender option bond transaction in which the Fund may have acquired the residual interest certificates. These securities serve as collateral in a financing transaction.
- (g) FNMA Collateralized.
- (h) FGIC Insured.
- (i) FHA Insured.
- (j) Prerefunded.
- (k) Radian Insured.
- (l) CIFG Insured.
- (m) Investments in companies considered to be an affiliate of the Fund, for purposes of Section 2(a)(3) of the Investment Company Act of 1940, were as follows:

Affiliate	Net Activity	Dividend Income
CMA Florida Municipal Money Fund	(14,450)	\$ 360

- (n) Assured Guaranty Insured.
- (o) Represents the current yield as of May 31, 2007.
- (p) XL Capital Insured.

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Item 2 - Controls and Procedures

- 2(a) - The registrant's certifying officers have reasonably designed such disclosure controls and procedures to ensure material information relating to the registrant is made known to us by others particularly during the period in which this report is being prepared. The registrant's certifying officers have determined that the registrant's disclosure controls and procedures are effective based on our evaluation of these controls and procedures as of a date within 90 days prior to the filing date of this report.
- 2(b) - There were no changes in the registrant's internal control over financial reporting (as defined in Rule 30a-3(d) under the Act (17 CFR 270.30a-3(d)) that occurred during the last fiscal quarter of the period covered by this report that has materially affected, or is reasonably likely to materially affect, the registrant's internal control over financial reporting.

Item 3 - Exhibits

Certifications - Attached hereto

Pursuant to the requirements of the Securities Exchange Act of 1934 and the Investment Company Act of 1940, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

BlackRock MuniHoldings Florida Insured Fund

By: /s/ Robert C. Doll, Jr.

Robert C. Doll, Jr.
Chief Executive Officer
BlackRock MuniHoldings Florida Insured Fund

Date: July 24, 2007

Pursuant to the requirements of the Securities Exchange Act of 1934 and the Investment Company Act of 1940, this report has been signed below by the following persons on behalf of the registrant and in the capacities and on the dates indicated.

By: /s/ Robert C. Doll, Jr.

Robert C. Doll, Jr.
Chief Executive Officer
BlackRock MuniHoldings Florida Insured Fund

Date: July 24, 2007

By: /s/ Donald C. Burke

Donald C. Burke
Chief Financial Officer
BlackRock MuniHoldings Florida Insured Fund

Date: July 24, 2007