

BLACKROCK MUNIHOLDINGS FLORIDA INSURED FUND, INC.

Form N-Q

July 28, 2008

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 811-08349

Name of Fund: BlackRock MuniHoldings Florida Insured Fund (MFL)

Fund Address: 100 Bellevue Parkway, Wilmington, DE 19809

Name and address of agent for service: Donald C. Burke, 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: (800) 882-0052, Option 4

Date of fiscal year end: 08/31/2008

Date of reporting period: 03/01/2008 - 05/31/2008

Item 1 - Schedule of Investments

BlackRock MuniHoldings Florida Insured Fund  
Schedule of Investments May 31, 2008 (Unaudited)  
(Percentages shown are based on Net Assets)

Municipal Bonds

-----  
Florida - 138.9%      Alachua County, Florida, School Board, COP, 5.25%, 7/01/29 (a)  
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Beacon Tradeport Community Development District, Florida, Special  
Assessment Revenue Refunding Bonds (Commercial Project), Series A,  
5.625%, 5/01/32 (b)  
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Brevard County, Florida, Health Facilities Authority, Healthcare Facilities  
Revenue Bonds (Health First Inc. Project), 5%, 4/01/24  
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Brevard County, Florida, Health Facilities Authority, Healthcare Facilities  
Revenue Bonds (Health First Inc. Project), 5%, 4/01/34  
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Brevard County, Florida, School Board, COP, Series A, 5%,  
7/01/30 (h) (g)  
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Broward County, Florida, Educational Facilities Authority Revenue Bonds  
(Nova Southeastern University), 5%, 4/01/31 (c)  
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Broward County, Florida, HFA, S/F Mortgage Revenue Refunding Bonds, AMT, Series E, 5.90%, 10/01/39 (d) (e)

Broward County, Florida, School Board, COP, VRDN, Series D, 1.51%, 7/01/29 (f) (g)

Cape Coral, Florida, Special Obligation Revenue Bonds, 5%, 10/01/30 (h)

Clay County, Florida, School Board, COP (Master Lease Program), 5.75%, 7/01/10 (h) (i)

Collier County, Florida, IDA, IDR, Refunding (Southern States Utilities), AMT, 6.50%, 10/01/25

Deltona, Florida, Transportation Capital Improvement Revenue Bonds, 5.125%, 10/01/26 (h)

Emerald Coast, Florida, Utilities Authority, System Revenue Bonds, 5.25%, 1/01/26 (j)

Emerald Coast, Florida, Utilities Authority, System Revenue Bonds, 5.25%, 1/01/36 (j)

Escambia County, Florida, HFA, S/F Mortgage Revenue Refunding Bonds (Multi-County Program), AMT, Series A, 6.30%, 10/01/20 (h) (k)

Escambia County, Florida, HFA, S/F Mortgage Revenue Refunding Bonds (Multi-County Program), AMT, Series A, 6.375%, 10/01/26 (h) (k)

Flagler County, Florida, Capital Improvement Revenue Bonds, 5%, 10/01/35 (h)

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
PCR	Pollution Control Revenue Bonds
S/F	Single-Family
VRDN	Variable Rate Demand Notes

BlackRock MuniHoldings Florida Insured Fund  
Schedule of Investments May 31, 2008 (Unaudited)  
(Percentages shown are based on Net Assets)

Municipal Bonds

Florida HFA, Homeowner Mortgage Revenue Refunding Bonds, AMT, Series 2, 5.75%, 7/01/14 (h)

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Florida HFA, Homeowner Mortgage Revenue Refunding Bonds, AMT, Series 2, 5.90%, 7/01/29 (h)

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Florida Higher Educational Facilities Financing Authority Revenue Bonds (Flagler College, Inc. Project), 5.25%, 11/01/36 (l)

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Florida Housing Finance Corporation, Homeowner Mortgage Revenue Bonds, AMT Series 1, 6%, 7/01/39 (d) (e)

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Florida Housing Finance Corporation, Homeowner Mortgage Revenue Bonds, AMT Series 11, 5.95%, 1/01/32 (g)

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Florida Housing Finance Corporation, Homeowner Mortgage Revenue Refunding AMT, Series 4, 6.25%, 7/01/22 (g)

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Florida Housing Finance Corporation, Housing Revenue Bonds (Waverly Apartment), AMT, Series C-1, 6.30%, 7/01/30 (g)

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Florida Municipal Loan Council Revenue Bonds, Series B, 5.375%, 11/01/25 (h)

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Florida Municipal Loan Council Revenue Bonds, Series B, 5.375%, 11/01/30 (h)

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Florida State Board of Education, Capital Outlay, GO, Public Education, Refunding, Series D, 5.75%, 6/01/22 (g)

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Florida State Board of Education, Capital Outlay, GO, Public Education, Series C, 5.75%, 6/01/10 (i) (j)

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Florida State Board of Regents, Housing Revenue Bonds (University of Central Florida), 5.25%, 10/01/26 (j)

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Florida State Department of Management Services, Division Facilities Management Revenue Bonds (Florida Facilities Pool), Series A, 6%, 9/01/10 (a) (i)

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Florida State Governmental Utility Authority, Utility Revenue Bonds (Lehigh Valley Utility System), 5.125%, 10/01/33 (a)

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Hernando County, Florida, School Board, COP, 5%, 7/01/30 (h)

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Highlands County, Florida, Health Facilities Authority, Hospital Revenue Bonds (Adventist Health System), Series C, 5.25%, 11/15/36

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Hillsborough County, Florida, Aviation Authority, Revenue Refunding Bonds, AMT, Series C, 5.75%, 10/01/26 (c)

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Hillsborough County, Florida, HFA, S/F Mortgage Revenue Bonds, AMT, Series 1, 5.375%, 10/01/49 (d) (e)

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Hillsborough County, Florida, IDA, Hospital Revenue Bonds (H. Lee Moffitt Cancer Center Project), Series A, 5.25%, 7/01/37

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BlackRock MuniHoldings Florida Insured Fund  
Schedule of Investments May 31, 2008 (Unaudited)

(Percentages shown are based on Net Assets)

## Municipal Bonds

Hillsborough County, Florida, IDA, PCR, Refunding (Tampa Electric Company Project), Series B, 5.15%, 9/01/25

Hillsborough County, Florida, Port District Revenue Bonds (Tampa Port Authority Project), AMT, 5%, 6/01/36 (h)

Hillsborough County, Florida, School Board, COP, 5.375%, 7/01/09 (h) (i)

Hillsborough County, Florida, School Board, COP, 6%, 7/01/09 (h) (i)

Indian River County, Florida, Water and Sewer Revenue Refunding Bonds, Series A, 5.25%, 9/01/18 (j)

Jacksonville Electric Authority, Florida, Saint John's River Power Park System Revenue Bonds, Issue Three, Series 2, 4.75%, 10/01/33

Jacksonville, Florida, Economic Development Commission, Health Care Facilities Revenue Bonds (Mayo Clinic-Jacksonville), Series A, 5.50%, 11/15/36 (h)

Jacksonville, Florida, Guaranteed Entitlement Revenue Refunding and Improvement Bonds, 5.25%, 10/01/32 (j)

Jacksonville, Florida, HFA, Homeowner Mortgage Revenue Refunding Bonds, AMT Series A-1, 5.625%, 10/01/39 (d) (e)

Jacksonville, Florida, Health Facilities Authority, Hospital Revenue Bonds (Baptist Medical), VRDN, 1.13%, 8/15/34 (f)

Jacksonville, Florida, Health Facilities Authority, Hospital Revenue Refunding Bonds (Charity Obligation Group), VRDN, Series C, 1.15%, 8/15/19 (f) (h)

Jacksonville, Florida, Port Authority Revenue Bonds, AMT, 6%, 11/01/38 (c)

Jacksonville, Florida, Port Authority, Seaport Revenue Bonds, AMT, 5.625%, 11/01/26 (h)

Jacksonville, Florida, Sales Tax Revenue Bonds, 5.50%, 10/01/16 (a)

Jacksonville, Florida, Sales Tax Revenue Bonds, 5.50%, 10/01/18 (a)

Jacksonville, Florida, Water and Sewer Revenue Bonds (United Water Florida Project), AMT, 6.35%, 8/01/25 (a)

Lee County, Florida, Capital Revenue Bonds, 5.25%, 10/01/23 (a)

Lee County, Florida, HFA, S/F Mortgage Revenue Bonds (Multi-County Program) AMT, Series A-1, 7.20%, 3/01/33 (e)

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Lee County, Florida, HFA, S/F Mortgage Revenue Refunding Bonds, AMT, Series A, 6.30%, 3/01/29 (d) (e)  
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Lee Memorial Health System, Florida, Hospital Revenue Bonds, Series A, 5%, 4/01/32 (a)  
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Leesburg, Florida, Capital Improvement Revenue Bonds, 5.25%, 10/01/27 (j)  
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Leesburg, Florida, Capital Improvement Revenue Bonds, 5.25%, 10/01/34 (j)  
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BlackRock MuniHoldings Florida Insured Fund  
Schedule of Investments May 31, 2008 (Unaudited)  
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Municipal Bonds  
-----

Manatee County, Florida, HFA, S/F Mortgage Revenue Refunding Bonds, AMT, Sub-Series 1, 6.25%, 11/01/28 (m)  
-----

Martin County, Florida, Utilities System Revenue Bonds, 5.125%, 10/01/33 (a)  
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Miami Beach, Florida, Stormwater Revenue Bonds, 5.75%, 9/01/16 (j)  
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Miami Beach, Florida, Stormwater Revenue Bonds, 5.25%, 9/01/20 (j)  
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Miami Beach, Florida, Stormwater Revenue Bonds, 5.25%, 9/01/25 (j)  
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Miami Beach, Florida, Stormwater Revenue Bonds, 5.375%, 9/01/30 (j)  
-----

Miami Beach, Florida, Water and Sewer Revenue Bonds, 5.625%, 9/01/18 (a)  
-----

Miami Beach, Florida, Water and Sewer Revenue Bonds, 5.75%, 9/01/25 (a)  
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Miami-Dade County, Florida, Aviation Revenue Bonds, AMT, Series A, 5.125%, 10/01/35 (g)  
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Miami-Dade County, Florida, Aviation Revenue Bonds (Miami International Airport), AMT, Series A, 6%, 10/01/24 (j)  
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Miami-Dade County, Florida, Aviation Revenue Bonds (Miami International Airport), AMT, Series A, 6%, 10/01/29 (j)  
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Miami-Dade County, Florida, Aviation Revenue Refunding Bonds (Miami International Airport), AMT, Series A, 5%, 10/01/40 (h) (l)  
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Miami-Dade County, Florida, Educational Facilities Authority Revenue Bonds  
(University of Miami), Series A, 5.75%, 4/01/10 (a) (i)  
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Miami-Dade County, Florida, Educational Facilities Authority Revenue Bonds  
(University of Miami), Series A, 6%, 4/01/10 (a) (i)  
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Miami-Dade County, Florida, Expressway Authority, Toll System Revenue Bond  
Series B, 5.25%, 7/01/27 (j)  
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Miami-Dade County, Florida, Expressway Authority, Toll System Revenue Bond  
Series B, 5%, 7/01/33 (j)  
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Miami-Dade County, Florida, Expressway Authority, Toll System Revenue  
Refunding Bonds, 5.125%, 7/01/25 (j)  
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Miami-Dade County, Florida, GO (Parks Program), 6%, 11/01/24 (j)  
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Miami-Dade County, Florida, HFA, Home Ownership Mortgage Revenue Bonds,  
AMT, Series A, 5.55%, 10/01/49 (d) (e)  
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Miami-Dade County, Florida, HFA, M/F Mortgage Revenue Bonds (Marbrisa  
Apartments Project), AMT, Series 2A, 6%, 8/01/26 (g)  
-----

Miami-Dade County, Florida, IDA, IDR (Airis Miami II LLC Project),  
AMT, 6%, 10/15/19 (a)  
-----

Miami-Dade County, Florida, IDA, IDR (BAC Funding Corporation Project),  
Series A, 5.25%, 10/01/20 (a)  
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Miami-Dade County, Florida, School Board, COP, Refunding, Series B,  
5.25%, 5/01/30 (c)  
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Municipal Bonds  
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Miami-Dade County, Florida, Solid Waste System Revenue Bonds, 5.50%, 10/01

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Miami-Dade County, Florida, Solid Waste System Revenue Bonds, 5.50%, 10/01

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Miami-Dade County, Florida, Solid Waste System Revenue Bonds, 5.25%, 10/01

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Miami, Florida, Special Obligation Revenue Bonds (Street and Sidewalk  
Improvement Program), 5%, 1/01/37 (h)  
-----

Nassau County, Florida, Water and Sewer System Revenue Bonds, 5.125%, 9/01

-----  
Orange County, Florida, HFA, S/F Mortgage Revenue Bonds, AMT, 6.85%, 10/01

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Orange County, Florida, Health Facilities Authority, Hospital Revenue Bond  
(Orlando Regional Healthcare), 6%, 12/01/12 (i)

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Orange County, Florida, Health Facilities Authority, Hospital Revenue Bonds  
(Orlando Regional Healthcare), Series A, 6.25%, 10/01/18 (h)  
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Orange County, Florida, Health Facilities Authority, Hospital  
Revenue Refunding Bonds (Orlando Regional Healthcare),  
Series B, 5.25%, 12/01/29 (g)  
-----

Orange County, Florida, School Board, COP, 5.50%, 8/01/25 (a)  
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Orange County, Florida, Tourist Development, Tax Revenue Bonds, 5.75%,  
10/01/09 (a) (i)  
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Orange County, Florida, Tourist Development, Tax Revenue Refunding Bonds,  
5%, 10/01/29 (a)  
-----

Orlando and Orange County, Florida, Expressway Authority Revenue Bonds,  
Series B, 5%, 7/01/30 (a)  
-----

Orlando and Orange County, Florida, Expressway Authority Revenue Bonds,  
Series B, 5%, 7/01/35 (a)  
-----

Osceola County, Florida, Infrastructure Sales Surplus Tax Revenue Bonds,  
5.375%, 10/01/18 (a)  
-----

Osceola County, Florida, Tourist Development Tax Revenue Bonds, Series A,  
5.50%, 10/01/27 (j)  
-----

Palm Beach County, Florida, School Board, COP, Refunding, Series B,  
5.375%, 8/01/17 (a)  
-----

Palm Beach County, Florida, School Board, COP, Series A,  
6%, 8/01/10 (i) (j)  
-----

Palm Beach County, Florida, School Board, COP, Series A,  
6.25%, 8/01/10 (i) (j)  
-----

Palm Beach County, Florida, School Board, COP, VRDN, Series B,  
1.51%, 8/01/27 (f) (g)  
-----

Panama City, Florida, Water and Sewer Revenue Bonds, Series B,  
5.25%, 10/01/22 (h)  
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BlackRock MuniHoldings Florida Insured Fund  
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Municipal Bonds  
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Pembroke Pines, Florida, Public Improvement Revenue Bonds,  
Series A, 5%, 10/01/34 (a)  
-----

Port St. Lucie, Florida, Utility Revenue Bonds, 5.25%, 9/01/26 (h)  
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Port St. Lucie, Florida, Utility Revenue Bonds, 5.25%, 9/01/27 (h)

Saint Johns County, Florida, IDA, IDR, Refunding (Professional Golf Project), 5.50%, 9/01/15 (h)

Saint Johns County, Florida, IDA, IDR, Refunding (Professional Golf Project), 5.50%, 9/01/16 (h)

Saint Johns County, Florida, IDA, IDR, Refunding (Professional Golf Project), 5.50%, 9/01/17 (h)

Saint Johns County, Florida, IDA, IDR, Refunding (Professional Golf Project), 5.50%, 9/01/18 (h)

Saint Johns County, Florida, Ponte Vedra Utility System Revenue Bonds, 5%, 10/01/31 (g)

Saint Johns County, Florida, Ponte Vedra Utility System Revenue Bonds, 5%, 10/01/35 (g)

Saint Johns County, Florida, Ponte Vedra Utility System Revenue Bonds, 5%, 10/01/37 (g)

Saint Johns County, Florida, Sales Tax Revenue Bonds, Series A, 5.25%, 10/01/28 (a)

Saint Johns County, Florida, Sales Tax Revenue Bonds, Series A, 5.25%, 10/01/31 (a)

Saint Johns County, Florida, Sales Tax Revenue Bonds, Series A, 5.25%, 10/01/34 (a)

Saint Johns County, Florida, Sales Tax Revenue Bonds, Series B, 5.25%, 10/01/27 (a)

Saint Johns County, Florida, Sales Tax Revenue Bonds, Series B, 5.25%, 10/01/32 (a)

Saint Johns County, Florida, Transportation Improvement Revenue Bonds, 5.125%, 10/01/32 (a)

Saint Lucie County, Florida, School Board, COP, 6.25%, 7/01/10 (g) (i)

Saint Lucie County, Florida, School Board, COP, Refunding, Series A, 5.50%, 7/01/18 (g)

Saint Lucie County, Florida, School Board, COP, Refunding, Series C, 5.50%, 7/01/18 (g)

Saint Lucie, Florida, West Services District, Utility Revenue Bonds, 5.25%, 10/01/34 (h)

Saint Lucie, Florida, West Services District, Utility Revenue Bonds, 5%, 10/01/38 (h)

Saint Lucie, Florida, West Services District, Utility Revenue Refunding Bonds, Senior Lien, 6%, 10/01/22 (h)



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BlackRock MuniHoldings Florida Insured Fund  
Schedule of Investments May 31, 2008 (Unaudited)

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## Municipal Bonds

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	Santa Rosa County, Florida, School Board, COP, Refunding, Series 2, 5.25%, 2/01/31 (j)
	Seminole County, Florida, Water and Sewer Revenue Bonds, 5%, 10/01/31
	South Florida Water Management District, COP, 5%, 10/01/31 (a)
	South Lake County, Florida, Hospital District Revenue Bonds (South Lake Hospital Inc.), 5.80%, 10/01/34
	Sunrise, Florida, Utility System Revenue Refunding Bonds, 5.20%, 10/01/22 (a)
	Tallahassee, Florida, Capital Revenue Bonds, 5%, 10/01/24 (g)
	Tallahassee, Florida, Lease Revenue Bonds (Florida State University Project Series A, 5.25%, 8/01/23 (h)
	Tallahassee, Florida, Lease Revenue Bonds (Florida State University Project Series A, 5.375%, 8/01/26 (h)
	Tampa Bay, Florida, Water Utility System Revenue Bonds, 6%, 10/01/11 (i) (j)
	Taylor County, Florida, Sales Tax Revenue Bonds, 6%, 10/01/10 (i) (j)
	University of Central Florida Athletics Association Inc., COP, Series A, 5.25%, 10/01/34 (j)
	Village Center Community Development District, Florida, Recreational Revenue Bonds, Series A, 5.375%, 11/01/34 (h)
	Village Center Community Development District, Florida, Recreational Revenue Bonds, Series A, 5.125%, 11/01/36 (h)
	Village Center Community Development District, Florida, Utility Revenue Bonds, 5.25%, 10/01/23 (h)
	Volusia County, Florida, IDA, Student Housing Revenue Bonds (Stetson University Project), Series A, 5%, 6/01/25 (n)
	Volusia County, Florida, IDA, Student Housing Revenue Bonds (Stetson University Project), Series A, 5%, 6/01/35 (n)
Puerto Rico - 1.0%	Puerto Rico Commonwealth, Public Improvement, GO, Series A, 5.25%, 7/01/26
	Puerto Rico Industrial, Tourist, Educational, Medical and Environmental

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Control Facilities Revenue Bonds (University Plaza Project), Series A,  
5.625%, 7/01/19 (h)

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Total Municipal Bonds  
(Cost - \$719,028,306) - 139.9%

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Municipal Bonds Transferred to  
Tender Option Bond Trusts (o)

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Florida - 34.7%

Florida State Board of Education, Lottery Revenue Bonds,  
Series B, 6.25%, 7/01/10 (i) (j)

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Florida State Turnpike Authority, Turnpike Revenue Bonds (Department of  
Transportation), Series A, 6.25%, 7/01/10 (i) (j)

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BlackRock MuniHoldings Florida Insured Fund  
Schedule of Investments May 31, 2008 (Unaudited)  
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Municipal Bonds Transferred to  
Tender Option Bond Trusts (o)

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Hillsborough County Florida Aviation Authority Revenue Bonds  
Series A, 5.50%, 10/01/38 (c)

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Jacksonville Electric Authority, Florida, Saint John's River Power Park  
System Revenue Bonds, Issue Three, Series 2, 5%, 10/01/37

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Jacksonville, Florida, Health Facilities Authority, Hospital Revenue Bonds  
(Baptist Medical Center Project), 5%, 8/15/37 (g)

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Jacksonville, Florida, Sales Tax Revenue Bonds, 5%, 10/01/27 (h)

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Lee County, Florida, Airport Revenue Bonds, AMT,  
Series A, 6%, 10/01/29

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Lee County, Florida, HFA, S/F Mortgage Revenue Bonds, Multi County  
Series A-2, 6%, 9/01/40 (d) (e)

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Manatee County Florida Series A Finance Authority Homeowner Revenue  
Series A, 5.90%, 9/01/40 (d) (e)

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Miami-Dade County, Florida, Aviation Revenue Bonds, AMT, Series A,  
5%, 10/01/33 (g)

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Orlando Florida Tourist Development Tax Revenue Bonds, (6th Cent Contract  
Payments), 5.25%, 11/01/38 (c)

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Palm Beach County, Florida, School Board, COP, Series A, 5%,  
8/01/31 (g)

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Polk County Florida School Board Master Lease Series A,

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5.50%, 1/01/10 (g)

-----  
 Georgia - 1.9% Atlanta, Georgia, Airport Passenger Facility Charge, Subordinate Lien  
 Revenue Refunding Bonds, Series C, 5%, 1/01/33 (g)

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 Total Municipal Bonds Transferred to  
 Tender Option Bond Trusts (Cost - \$189,347,119) - 36.6%

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 Short-Term Securities

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 CMA Florida Municipal Money Fund, 1.02% (p) (q)

-----  
 Total Short-Term Securities  
 (Cost - \$60,536,055) - 11.6%

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 Total Investments (Cost - \$968,911,480\*) - 188.1%

Other Assets Less Liabilities - 3.0%

Liability for Trust Certificates, Including Interest Expense and Fees Paya

Preferred Shares, at Redemption Value - (69.6%)

Net Assets Applicable to Common Shares - 100.0%

\* The cost and unrealized appreciation (depreciation) of investments as of  
 May 31, 2008, as computed for federal income tax purposes, were as  
 follows:

Aggregate cost	\$ 861,098,196
	=====
Gross unrealized appreciation	\$ 18,374,027
Gross unrealized depreciation	(8,969,275)
	-----
Net unrealized appreciation	\$ 9,404,752
	=====

- (a) AMBAC Insured.
- (b) Radian Insured.
- (c) Assured Guaranty Insured.
- (d) FHLMC Collateralized.
- (e) FNMA/GNMA Collateralized.

BlackRock MuniHoldings Florida Insured Fund  
 Schedule of Investments May 31, 2008 (Unaudited)

- (f) Variable rate security. Rate shown is as of report date. Maturity shown is  
 the final maturity date.
- (g) FSA Insured.
- (h) MBIA Insured.
- (i) U.S. government securities, held in escrow, are used to pay interest on  
 this security as well as to retire the bond in full at the date indicated,  
 typically at a premium to par.
- (j) FGIC Insured.
- (k) FHA Insured.

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- (l) XL Capital Insured.
- (m) GNMA Collateralized.
- (n) CIFG Insured.
- (o) Securities represent bonds transferred to a tender option bond trust in exchange for which the Fund acquired the residual interest certificates. These securities serve as collateral in a financing transaction.
- (p) 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	57,166,148	\$ 342,161

- (q) Represents the current yield as of report date.

Item 2 - Controls and Procedures

- 2(a) - The registrant's principal executive and principal financial officers or persons performing similar functions have concluded that the registrant's disclosure controls and procedures (as defined in Rule 30a-3(c) under the Investment Company Act of 1940, as amended (the "1940 Act")) are effective as of a date within 90 days of the filing of this report based on the evaluation of these controls and procedures required by Rule 30a-3(b) under the 1940 Act and Rule 13a-15(b) under the Securities Exchange Act of 1934, as amended.
- 2(b) - There were no changes in the registrant's internal control over financial reporting (as defined in Rule 30a-3(d) under the 1940 Act) that occurred during the registrant's last fiscal quarter that have materially affected, or are 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/ Donald C. Burke

-----  
Donald C. Burke  
Chief Executive Officer of  
BlackRock MuniHoldings Florida Insured Fund

Date: July 18, 2008

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.

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By: /s/ Donald C. Burke  
-----

Donald C. Burke  
Chief Executive Officer (principal executive officer) of  
BlackRock MuniHoldings Florida Insured Fund

Date: July 18, 2008

By: /s/ Neal J. Andrews  
-----

Neal J. Andrews  
Chief Financial Officer (principal financial officer) of  
BlackRock MuniHoldings Florida Insured Fund

Date: July 18, 2008