

Blueberry Recipes

Kathy Goode's Fresh Lemon-Blueberry Muffins

1 cup all-purpose flour
1 teaspoon baking powder
¼ teaspoon salt
½ cup butter or margarine
½ cup sugar
2 egg yolks- well beaten
3 tablespoons lemon juice
2 egg whites- room temperature
1 tablespoon grated lemon rind
2 tablespoons sugar
¼ teaspoon cinnamon
1 cup blueberries

Combine first three ingredients and set aside; cream butter, add sugar, and beat until fluffy. Beat in egg yolks. Add dry ingredients to creamed mixture, alternating with lemon juice. Do not over mix. Beat egg whites until stiff, stir in lemon rind gently. Fold into muffin mixture. Next fold in blueberries. Grease muffin tins. Fill $\frac{3}{4}$ full. Combine 2 tablespoons sugar and $\frac{1}{2}$ teaspoon cinnamon and top each muffin. Bake at 375 for 20-25 minutes, or until done. Yields one dozen muffins.

Sugarless Blueberry Muffins

1¾ cups all-purpose flour
½ teaspoon salt, if desired
1 tablespoon baking powder
¼ teaspoon cinnamon
2 eggs
¼ cup vegetable oil
¾ cup orange juice
1 teaspoon grated orange or lemon rind
1 cup blueberries, picked over, rinsed, drained and lightly tossed with 2
tablespoon flour

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In a large mixing bowl, sift or stir together dry ingredients. Preheat oven to 400 degrees. In a small bowl, beat eggs lightly, add oil, orange juice and grated rind, and add this mixture to dry ingredients. Before dry and liquid ingredients are fully combined, fold in blueberries, stirring gently.

Fill well-greased muffin tins about 2/3 full with batter. Bake muffins for 20-25 minutes. Makes 12 to 18.