

# Blueberries

## NOTHING BUT MUFFINS!!

*Muffins are easy and quick to prepare as well as delicious to eat. When making muffins, be sure to preheat your oven. It is important to mix your batter as little as possible--usually just until dry ingredients are moistened (batter will be slightly lumpy). Remember to gently fold in blueberries to keep them intact. Muffin cups are usually filled 2/3 to 3/4 full.*

### Old Fashioned Blueberry Muffins

1 egg	2 cups flour	1/2 cup sugar
3/4 cup milk	3 tsp. baking powder	1 cup blueberries
1/2 cup oil	1 tsp. salt	

*Preheat oven to 400°. Grease the bottoms of a 12-cup muffin pan. Beat egg, milk, and oil in a mixing bowl. Mix flour, baking powder, and salt in another bowl. Add liquid ingredients to the dry ingredients and stir until just moistened. Fold in blueberries and put in muffin pan. Bake 20 minutes or until browned.*

### Blueberry Lemon Muffins

1 1/2 cup flour	2 tsp. baking powder	1 tsp. salt
1/4 cup sugar	1 egg	3/4 cup milk
1/3 cup veg. oil	1 cup blueberries	1/2 T. lemon zest

*Glaze:*  
2 T. butter, melted      1/4 cup sugar

*Preheat oven to 400°. Sift the flour, baking powder and salt into a bowl. In another bowl, beat the egg. Add milk and oil to egg and blend. Make a well in the flour mixture and pour in liquids. Stir as little as possible to moisten. Mix the blueberries with the lemon zest and fold into the batter. Spoon into tins to 3/4 full. Bake 20-25 minutes-until golden brown. Allow to cool 5 min. then loosen with a table knife. Dip the top of each lightly in the melted butter and then the sugar.*

### Light Blueberry Yogurt Muffins

1 cup blueberries	1 tsp. baking powder	1 tsp. baking soda
2 cup flour	1/3 cup sugar	1 egg, beaten
1/4 tsp. salt	2 T. oil	1 tsp. vanilla
1/4 cup orange juice	1 8-oz. carton van. yogurt	1 T. sugar

*Combine flour, baking powder and soda, salt and 1/3 c. sugar. Combine egg, juice, oil, vanilla and yogurt; add to dry ingredients until just moistened. Gently fold in 1 cup blueberries. Spoon batter evenly into 12 muffin cups coated with cooking spray. Sprinkle 1 T. sugar over the batter. Bake at 400° for 18 minutes or until golden brown.*

## JOHNSON BLUEBERRY FARM AT SUQUALENA

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## JOHNSON BLUEBERRY FARM

Telephone: 626-8166

Open: Monday - Saturday

### Morning Glory Muffins

1 1/2 cup flour	3/4 cup whole wheat flour	1/2 cup bran
1/2 cup oatmeal	1/2 cup chopped nuts	3/4 cup blueberries
1 1/4 cup brown. sugar	3/4 tsp. baking soda	3/4 tsp. cinnamon
1/2 tsp. salt	1 cup oil	2 carrots, grated
1 1/2 granny sm. apples, grated	3 eggs beaten	1 T. vanilla

*Preheat oven 350°. Combine flours, bran, oats, nuts and brown sugar. Add soda, cinnamon, and salt and mix well. Blend in oil, eggs, carrots, apples and vanilla. Fold in blueberries. Spoon into greased muffin cups and bake 30-35 minutes.*

### Blueberry Streusel Muffins

1/3 cup sugar	1/4 cup butter, softened	1 egg, beaten
2 1/3 cup flour	4 tsp. baking powder	1/2 tsp. salt
1 cup milk	1 tsp. vanilla	1 1/2 cup blueberries
<i>Streusel topping:</i>		
1/2 cup sugar	1/3 cup flour	1/2 tsp. cinnamon
1/4 cup butter		

*Mix together ingredients until crumb-like. Preheat oven to 375°. Cream together sugar and butter. Add egg. Mix flour, baking powder and salt. Add vanilla to milk and add alternately with dry ingredients to the creamed mixture. Fill greased muffin tin and top with streusel topping. Bake 25-30 minutes.*

### Blueberry Corn Muffins

1 cup plain cornmeal	1 cup flour	1/2 cup sugar
2 1/2 tsp. baking powder	1/4 tsp. salt	1 cup buttermilk
6 T. melted butter	1 egg, beaten	1 1/2 cup blueberries
1/2 tsp. lemon zest		

*Preheat oven to 400°. Grease 12 cup muffin tin. Sift cornmeal, flour, sugar, baking powder and salt into a bowl. Make a well in center of ingredients and pour in buttermilk, melted butter, and egg. Stir until combined. Fold in blueberries and lemon zest. Bake 20-25 min.*

### Blueberry--Cottage Cheese Muffins

1/4 cup cottage cheese	1 egg, beaten	3/4 cup flour
1/2 tsp. salt	1 1/2 tsp. baking powder	3/4 cup blueberries
2 T. sugar	1/3 cup milk	

*Blend cottage cheese and egg together. Add the flour, salt, baking powder, and sugar and stir to combine. Add milk and stir lightly, then gently fold in blueberries. Spoon into muffin cups and bake in preheated 425° oven for 15-18 minutes.*

**FUN to pick and GOOD for you!!**