



## BEST BLUEBERRY MUFFINS

### Ingredients:

1 Cup fresh or frozen Puget Sound Fresh blueberries  
1 Tblsp plus 1-3/4 Cups flour, divided  
1/2 Cup sugar  
1 tsp baking powder  
1/2 tsp baking soda  
1 tsp ground nutmeg  
3/4 tsp salt  
1 Puget Sound Fresh egg  
1 Cup Puget Sound Fresh sour cream  
1/3 Cup milk

Preheat oven to 400 degrees. Grease twelve 2-1/2 inch muffin cups. In a small bowl, toss blueberries with 1 Tblsp of the flour; set aside. In large bowl, combine the 1-3/4 Cups flour, the sugar, baking powder, baking soda, nutmeg and salt; set aside. In a medium bowl, beat egg; stir in sour cream and milk; stir into flour mixture until just combined (batter will be lumpy.) Stir in reserved blueberries just until evenly distributed. Fill muffin cups 2/3 full with batter. Bake until golden, about 20 minutes. 12 muffins.

(If using frozen blueberries, lightly dust the unfrozen berries with flour immediately before stirring them into the batter.)

**From: Bybee-Nims Farms, North Bend, WA**

FARM FRESH RECIPIES from our PUGET SOUND FRESH FARMS and CHEFS

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This recipe is being suggested as a great method for preparing Puget Sound Fresh ingredients. Please follow safe food-handling practices and check for possible food allergies before preparing and serving any food item.