



BLUEBERRY CORN MUFFINS

Ingredients:

- 1½ c. flour
- ½ c. whole wheat flour
- ½ c. cornmeal
- ¾ c. sugar
- 2 ½ t. baking powder
- ½ t. each baking soda and salt
- ½ c. each buttermilk and orange juice
- ¼ c. margarine or butter, melted
- 1 egg, beaten
- 1 T. grated orange peel
- 2 c. fresh blueberries

Method:

In large bowl, combine flours, cornmeal, sugar, baking powder, baking soda and salt. In small bowl, combine buttermilk, orange juice, margarine, egg and peel. Add to flour mixture and mix only until moist. Stir in blueberries. Spoon into prepared muffin cups. Bake at 400°F for 20 to 25 minutes or until wooden pick inserted near center comes out clean.

Makes 18 muffins

COOKING TIPS

- When using frozen blueberries for pies, extend the cooking time by 10 to 15 minutes.
- Toss 1 cup frozen blueberries in 1 tablespoon flour before adding to cake or muffin batter. This helps keep them from sinking or streaking.
- For better results, add frozen blueberries to batter or dough. Baking time may increase 5 to 10 minutes.

From Carpinito Brothers Farm, Kent, WA