

Blueberry Muffins II

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Silverdale Chamber Of Commerce Favorite Recipes - 1991

*1 cup firm blueberries
1 tablespoon sugar (for
topping)
1 teaspoon grated lemon
rind
2 cups sifted flour
1/3 cup sugar
3 teaspoons baking powder
1 teaspoon salt
1 egg, well beaten
1 cup milk
1/2 stick butter or
margarine, melted*

Preheat the oven to 425 degrees.

Wash the blueberries. Drain. Spread on paper towels to dry.

In a small bowl, combine one tablespoon of sugar and the grated lemon rind. Set aside.

In a medium bowl, sift the flour, one-third cup of sugar, baking powder and salt.

In a bowl, combine the egg, milk, and melted butter. Add to the flour mixture. Stir quickly and lightly just until the liquid is absorbed (The batter will be lumpy). Gently fold in the blueberries.

Spoon the batter into twelve greased medium muffin cups, filling 2/3 full. Sprinkle the top of the batter with lemon-sugar.

Bake the muffins for about 20 minutes or until golden brown.

Remove from the pan at once.

Serve hot.

Per Serving (excluding unknown items): 1732 Calories; 61g Fat (31.8% calories from fat); 39g Protein; 257g Carbohydrate; 6g Dietary Fiber; 369mg Cholesterol; 4258mg Sodium. Exchanges: 11 1/2 Grain(Starch); 1 Lean Meat; 0 Fruit; 1 Non-Fat Milk; 11 Fat; 4 1/2 Other Carbohydrates.