

BLUEBERRY MUFFINS WITH LEMON-healthier version

makes 12-13

(*Nutritional information on page 2*)

- 2 eggs (can sub 1 egg beaten with 2 egg whites or 1/2 cup egg substitute)
- 1/4 cup canola oil
- 1 cup low-fat milk
- Grated rind of one lemon
- 2 tablespoons fresh lemon juice
- 1 1/4 cups all purpose, unbleached flour
- 3/4 cup whole wheat flour
- 1/4 cup stoneground cornmeal
- 1/3 cup granulated sugar
- 1/2 **EACH** teaspoon kosher salt and baking soda
- 1 1/2 teaspoons baking powder
- 1 cup fresh blueberries (If using frozen, allow a little extra baking time.)

1 Preheat oven to 400 Degrees Fahrenheit. Place oven rack at center of oven. Grease or spray well 12-muffin cup muffin tin* including edges around the top of each cup.

2 Beat together the eggs and canola oil in a measuring cup; set aside.

3 Beat together the milk with the lemon rind and juice; set aside for 2 minutes.

4 In a large measuring cup or bowl, whisk together dry ingredients, flour - baking powder. Pour the egg mixture and the milk mixture on top of the dry ingredients and mix until just combined. Stir in blueberries gently.

5 Using a greased or sprayed large ice cream scoop, scoop the batter, dividing it between the muffin tins. Bake on center oven rack for 14-16 minutes or until light golden in color and toothpick comes out clean. Do not over bake.

6 Bang muffin tin evenly on counter or board to loosen muffins and turn out onto cooling rack. Turn each muffin over so that the bottoms sit flatly on the rack. Let cool a minute or two to set and eat warm or cool completely and eat at room temperature.

7 Store leftovers in a well-sealed storage bag or container on the counter for up to 3 days or in the freezer for up to two weeks.**

*I had a little more batter and used a well-greased ramekin for 13th muffin. I liked its straight sides, by the way.

**Hot climates or summertime: Refrigerate/freeze all muffins in well-sealed storage bag or tightly-sealed storage container. --Continued--

NUTRITIONAL INFORMATION: 159 calories per serving, 21 grams carbohydrates, 6 grams fat, 4 grams protein, 229 grams sodium, 3 grams sugar

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