



# LEMON-BLUEBERRY CORN MUFFINS\*

February 20

National Muffin Day

## INGREDIENTS

- Nonstick Cooking Spray
- 2¾ Cups Flour (Whole-Wheat)
- 1 Cup Cornmeal (enriched)
- 1 Cup Brown Sugar (packed)
- 1 Teaspoon Salt (table)
- 1 Tablespoon + 1 Teaspoon Baking Powder
- 2 Cups Milk, Low-Fat (1%)
- 1 Cup Applesauce (unsweetened)
- 4 Eggs (fresh, large, whole)
- 1 Teaspoon Lemon Extract
- 2 Cups Blueberries (frozen, whole, unsweetened or fresh)

## DIRECTIONS

1. Preheat oven to 375°F.
2. Line muffin tins with paper liners. Spray with nonstick cooking spray.
3. In a large bowl, combine flour, cornmeal, brown sugar, salt, and baking powder. Sift mixture. Remove ¼ cup of dry mixture and set aside.
4. In a large bowl, combine milk, applesauce, eggs, and lemon extract. Whisk until well-blended. Add to dry ingredients. Whisk to mix. Wash hands after touching uncooked eggs.
5. Place frozen blueberries in a medium bowl, add ¼ cup reserved dry mixture and toss.
6. With a rubber spatula, fold breaded blueberries and any remaining dry ingredients from the bottom of the bowl into the muffin mixture.
7. Pour ⅓ cup (#12 scoop) of muffin mixture into each prepared muffin liner.
8. Bake for 25 minutes. Remove from the oven and cool on a rack for 5 minutes.

## MEAL PATTERN CONTRIBUTION

 Grain

## MEAL TYPE

 Breakfast

## YIELD

25 Muffins

## PORTION SIZES

\*Recipe courtesy of [The Institute of Child Nutrition](http://www.ichn.org)

Toddler	Preschool	School Age	Adult
½ Muffin	½ Muffin	1 Muffin	2 Muffins