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Appetizers, Salads and Breads:
Blueberry-Yogurt Muffins

from From Portland's Palate...
 A Collection of Recipes from the City of Roses

INGREDIENTS:

1/4 cup butter (1/2 cube), room temperature
 1/2 cup granulated sugar
 1 egg
 1/4 teaspoon ground cinnamon
 1/8 teaspoon ground nutmeg
 1/2 teaspoon vanilla
 2/3 cup whole-wheat flour > 1 1/3 c all purpose
 2/3 cup all-purpose flour
 2 teaspoons baking powder
 1/2 teaspoon salt
 1/2 cup milk
 1/2 cup plain yogurt
 1 cup blueberries, fresh or frozen, thawed and drained

TO PREPARE:

Preheat oven to 350 degrees.

Line muffin tins with paper cups.

In a large bowl, cream butter and sugar. Add egg, cinnamon, nutmeg and vanilla. Add flour, baking power and salt alternately with milk and yogurt. Do not over mix. Carefully fold in blueberries.

Spoon into paper-lined muffin tin. Bake in a 350-degree oven for 20 to 30 minutes.

12 MUFFINS

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