



Blackberry Lemon Muffins

bread 

Directions

Preheat oven to 375° F. Line a 12-count muffin tin with paper liners and set aside. Roughly chop or mash $\frac{1}{4}$ cup of blackberries. In a small bowl, combine milk and lemon juice and set aside. In a large bowl, mix the dry ingredients and lemon zest. Add milk mixture and oil. Stir until smooth. Fold in chopped blackberries without over mixing. Fill paper liners $\frac{2}{3}$ full, then top each muffin with 1-2 blackberries. Bake for 18-20 minutes until inserted toothpick comes out clean.

Ingredients

- 1 $\frac{1}{2}$ cups blackberries
- 1 cup low-fat milk
- 1 Tbsp. lemon juice
- 1 cup whole wheat flour
- 1 cup white flour
- $\frac{2}{3}$ cup sugar
- 2 tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- Zest of 2 lemons
- $\frac{1}{2}$ cup canola oil

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The lemon flavor and the sweet blackberries were the perfect combo. I helped myself to one okay maybe two, muffins right away. The best part was that my kids kept asking for more. I hope you like them as much as we do. Below you'll find even more delicious blackberry recipes. Enjoy!



TOMATO BASIL MUFFINS

bread 

Create a delicious savory quick bread from simple ingredients. As a bread in loaf pan, makes 12 slices; or bake in 12-count muffin tins for a more portable meal/snack.

Directions

Preheat oven to 350°F. Line a 12-count muffin tin with paper liners (alternate: spray a loaf pan with cooking spray). Set aside. In a large bowl: mix 2 eggs with a fork, add buttermilk, stir with fork to combine. Add dried basil and garlic powder, stir with fork. Add dry ingredients to the bowl (wheat flour, cornmeal, sugar, baking powder, baking soda & salt). Stir gently to combine. Fold-in gently the extra flavoring ingredients, do NOT over mix (green onion, dried parsley, bell pepper, tomato paste, mozzarella cheese). Pour batter into lined muffin tins 2/3 full. Bake in preheated oven for 18-20 min. OR until toothpick comes out clean. (If using loaf pan, increase time to 40-50 min.) Cool 5-10 min., then remove from tins, cool on rack. Best served warm.

Ingredients

2 large Eggs
¼ cup buttermilk
1-2 tsp dried basil
1-2 tsp garlic powder
1 2/3 cup whole wheat flour
2/3 cup oatmeal or cornmeal
¼ cup sugar
2 tsp baking powder
½ tsp baking soda
¼ tsp salt
½ cup diced green onion
½ tsp dried parsley
½ cup diced bell pepper (any color)
2 TBL tomato paste
½ cup shredded mozzarella cheese