

Featured Recipe

Blueberry Muffins

Ingredients:

- ½ cup butter or nondairy alternative (e.g. Earth Balance Buttery Sticks)
- ½ cup granulated cane sugar
- 2 large eggs or egg substitute of choice
- 1 teaspoon vanilla extract, gluten-free
- ½ cup sour cream (dairy or nondairy) or plain coconut yogurt
- 1 cup mashed ripe banana (approximately 2 bananas)
- 1 ½ cups Jules Gluten Free™ All Purpose Flour
- 1 teaspoon baking soda
- 2 teaspoons baking powder, gluten-free
- ½ teaspoon salt
- 2 teaspoons cinnamon
- 3 tablespoons flaxseed meal (optional, but recommended)
- 1 ½ cups fresh or frozen blueberries



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Directions:

Preheat oven to 350°F (static) or 325°F (convection).

Oil or line muffin cups and set aside (makes approximately 16 muffins).

Cream the butter and sugar until the mixture is light and fluffy. Add the eggs and vanilla and beat well.

Mix in sour cream and banana until well blended.

In a separate bowl, whisk together all the dry ingredients then add gradually into the wet mixture until thoroughly mixed. Lastly, gently stir in the blueberries.

Spoon the batter into oiled muffin tins, filling two-thirds full. Bake for 30 minutes or until lightly browned.

Cool before removing from tins.

Makes approximately 16 muffins