

Bonnie's Lemon Blueberry Muffins

*White Lace Inn - Sturgeon Bay, WI
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Yield: 14 to 16 muffins

*1/2 cup milk
grated rind of one lemon
1 tablespoon chopped lemon balm
(optional)
2 cups flour
2 teaspoons baking powder
pinch salt
6 tablespoons butter, softened
1 cup sugar
2 eggs, lightly beaten
2 tablespoons fresh lemon juice
2 cups blueberries, fresh or frozen
GLAZE
1 tablespoon fresh lemon juice
(optional)
confectioner's sugar*

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Preheat the oven to 400 degrees.

In a saucepan, heat the milk. Remove from the heat. Add the lemon zest and lemon balm. Let cool.

In a large bowl, cream the butter. Add the sugar gradually, beating until creamy. Add the eggs slowly and beat well.

In a separate bowl, combine the flour, baking powder and salt.

Add the milk mixture to the butter mixture. Add the lemon juice. Mix well. Add the flour mixture. Blend well. Add the blueberries. Stir gently until just incorporated. Pour the mixture into greased or paper-lined muffin cups until at least three-fourths full.

Bake for 20 to 25 minutes. Do not overbake. The muffins should be very light in color, not brown.

To make the glaze: In a bowl, whisk the confectioner's sugar into the lemon juice until the mixture has the consistency of a thick paste. While the muffins are still a little warm, drizzle the glaze over each muffin.

Per Serving (excluding unknown items): 2692 Calories; 87g Fat (28.5% calories from fat); 45g Protein; 443g Carbohydrate; 15g Dietary Fiber; 627mg Cholesterol; 1902mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 1/2 Lean Meat; 3 Fruit; 1/2 Non-Fat Milk; 15 1/2 Fat; 13 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	2692	Vitamin B6 (mg):	.4mg
% Calories from Fat:	28.5%	Vitamin B12 (mcg):	1.8mcg
% Calories from Carbohydrates:	64.9%	Thiamin B1 (mg):	2.2mg
% Calories from Protein:	6.6%	Riboflavin B2 (mg):	2.1mg
Total Fat (g):	87g	Folacin (mcg):	144mcg
Saturated Fat (g):	50g	Niacin (mg):	16mg
Monounsaturated Fat (g):	25g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	627mg	% Refuse:	0%
Carbohydrate (g):	443g		
Dietary Fiber (g):	15g	Food Exchanges	
Protein (g):	45g	Grain (Starch):	12 1/2
Sodium (mg):	1902mg	Lean Meat:	1 1/2
Potassium (mg):	910mg	Vegetable:	0
Calcium (mg):	818mg	Fruit:	3
Iron (mg):	15mg	Non-Fat Milk:	1/2
Zinc (mg):	4mg	Fat:	15 1/2
Vitamin C (mg):	53mg	Other Carbohydrates:	13 1/2
Vitamin A (i.u.):	3539IU		
Vitamin A (r.e.):	860RE		

Nutrition Facts

Amount Per Serving

Calories 2692 **Calories from Fat:** 767

% Daily Values*

Total Fat	87g	133%
Saturated Fat	50g	252%
Cholesterol	627mg	209%
Sodium	1902mg	79%
Total Carbohydrates	443g	148%
Dietary Fiber	15g	61%
Protein	45g	
Vitamin A		71%
Vitamin C		88%
Calcium		82%
Iron		85%

* Percent Daily Values are based on a 2000 calorie diet.