



Gluten Free Peach Blueberry Muffins

1 cup blueberries	1/8 teaspoon salt	Streusel Topping:
1 cup peaches, small dice	1 teaspoon cinnamon	1/4 cup gluten-free baking flour
3 cups gluten-free baking flour	1/2 cup butter	1/2 cup brown sugar
1/2 cup granulated sugar	3 eggs	1 teaspoon cinnamon
1/2 cup brown sugar	1 1/2 cups non-fat milk	1/2 teaspoon ground nutmeg
1 tablespoon baking powder		2 tablespoons butter

Preheat oven to 400 degrees F. **Grease** the wells of a muffin tin or line with paper liners and **spray** with non-stick spray. **Rinse** blueberries and **drain** well. **Remove** skin from peaches and **dice**. In a large bowl, **mix** together the gluten-free flour, granulated sugar, brown sugar, baking powder, salt and cinnamon. **Melt** butter in a microwave safe bowl. In a medium bowl, **whisk** the eggs, milk and melted butter together. **Pour** the wet ingredients into the dry ingredients and use a spoon to **mix** just until incorporated. **Fold** the blueberries and peaches into the batter gently. **Fill** muffin cups $\frac{2}{3}$ full.

For the streusel topping: In a medium bowl, **place** gluten-free flour, brown sugar, cinnamon and nutmeg. Using a pastry blender, **cut in** butter until mixture resembles fine crumbs. **Spoon** streusel topping over the batter evenly. **Bake** muffins 18-20 minutes. Do not overbake. **Remove** muffins from pan to **cool**.

Yield: 24 muffins

Nutritional Analysis: 170 calories, 5 g fat, 3 g saturated fat, 15 mg cholesterol, 95 mg sodium, 31 g carbohydrate, 0 g fiber, 14 g sugars, 2 g protein

Kentucky Peaches

SEASON: July through September.

NUTRITION FACTS: Peaches contain many nutrients but are most important for fiber and vitamins A and C. They are low in calories; one medium sized peach has about 35 calories.

SELECTION: Peaches have a fuzzy skin and come in many varieties with yellow or white flesh. There are "freestones" (flesh separates easily from pit) and "clingstones" (flesh clings to the pit). Look for fairly firm to slightly soft fruit with yellow or cream-colored skin. Avoid peaches that are green, shriveled or bruised.

STORAGE: Some peaches may need to be stored at room temperature to ripen. Fragrance

is an indication of ripeness. Store the ripe peaches in the refrigerator and use within 5 days. Handle gently.

PREPARATION: One pound of peaches will equal 3 to 4 medium sized peaches, 2 cups sliced or $1\frac{1}{2}$ cups pulp or puree. Wash, peel and cut in half to remove pit. To peel, dip in boiling water for 30 seconds. Cool quickly in cold water and remove peel with a knife. Peaches will darken when exposed to air. To avoid this, dip peaches in lemon juice or ascorbic acid mixture for fruit. Peaches are used for appetizers, garnishes, salads, desserts, baked products, jellies, preserves and are most delicious eaten fresh.

KENTUCKY PEACHES

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

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