



# Big Blue Muffins

2 medium oranges	2 eggs	1 cup whole wheat flour	1 teaspoon baking soda
¼ cup olive oil	½ cup low fat, plain Greek yogurt	1½ teaspoons baking powder	¼ teaspoon salt
¼ cup sugar	1 cup all-purpose flour		1½ cups fresh blueberries

**Preheat** oven to 400 degrees F. **Position** rack in the center of the oven. **Wash** oranges. Using a zester or fine grater, **remove** the orange zest from the rinds of both oranges and place in a mixing bowl. **Slice** oranges in half. **Squeeze** juice into a 1 cup liquid measuring cup. **Add** water if needed to make ½ cup juice. **Add** juice to the zest. **Add** the oil, sugar, honey, eggs and yogurt. **Mix** together with a whisk. In a separate mixing bowl, **place** the flour, baking powder, soda and salt. **Add** the wet ingredients to the dry ingredients and **mix** with a wooden spoon, until just combined. Batter should be lumpy.

**Add** the blueberries and **fold** into batter until evenly distributed. Using a large table spoon, **scoop** the batter into a greased 12 cup muffin pan, evenly dividing the batter. **Bake** 20 minutes or until lightly browned on the tops. **Cool** in pan for 5 minutes. **Remove** to wire rack and serve.

**Yield:** 12 muffins. Serving size, one muffin.

**Nutritional Analysis:**

190 calories, 6 g fat, 1 g saturated fat, 40 mg cholesterol, 240 mg sodium, 31 g carbohydrate, 2 g fiber, 14 g sugars, 5 g protein.



Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.  
<http://plateitup.ca.uky.edu>

# Kentucky Blueberries

**SEASON:** Mid-June through July

**NUTRITION FACTS:** One-half cup of blueberries has 40 calories and provides 22 percent of the Daily Value of fiber. Blueberries are rich in vitamin C and do not contain any fat or sodium.

**SELECTION:** Blueberries should be plump and firm and have a deep blue-black skin. They should also have a silvery sheen, which is referred to as bloom.

**STORAGE:** Cover and refrigerate blueberries for up to 14 days. Wash them just before using.

**PREPARATION:** Blueberries can be served fresh or used in cooking. Cooking blueberries in batter may cause their color to turn greenish-blue, but change in color does not affect flavor.

**Source:** [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

**PRESERVING:** To freeze: Place blueberries, unwashed and completely dry, in a single layer on a cookie sheet in the freezer. Once the berries are frozen, transfer them to plastic freezer bags or freezer containers.

**KENTUCKY BLUEBERRIES**

**Kentucky Proud Project**  
 County Extension Agents for Family and Consumer Sciences  
 University of Kentucky, Dietetics and Human Nutrition students  
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