

Blueberry & Peach Muffins

Ingredients:

¼ cup softened butter
1/3 cup sugar
1 egg
1 ¼ cup all-purpose flour
1 teaspoon **baking powder**
¼ teaspoon salt
1/8 teaspoon **baking soda**
½ cup peach yogurt with fruit on the bottom
2/3 cup fresh blueberries, washed and drained
(frozen blueberries can be used also)
1 teaspoon grated orange peel (optional)

Directions:

- pre heat oven to 375 degrees F
- if you are using fresh blueberries, wash and drain them making sure to remove the stems or any bad berries - if you are using frozen blueberries, take them out of the freezer when you are ready to use them to avoid discoloring the batter
- in a large bowl, cream (mix) the butter and sugar until it's a light yellow color and fluffy
- add the egg to the butter and sugar mixture until blended
- stir together the fruit on the bottom of the yogurt container until the yogurt and fruit are combined and set aside until ready to use
- **in a separate bowl**, combine the flour, **baking powder**, salt and **baking soda**, mix until well blended
- add a spoonful of the flour mixture to the butter, sugar and egg mixture and stir until combined
- add a spoonful of the mixed yogurt to the butter, sugar and egg mixture and stir until combined
- continue to alternate adding flour mixture and yogurt until both are gone and the batter is combined into one
- **gently** fold in the fresh or frozen blueberries into the batter being careful not to break the blueberries – add orange zest if desired at this time also
- using a spoon you eat with, evenly divide the batter into 8 paper-lined muffin cups, filling each cup about ¾ full
- bake for 20 to 25 minutes or until a toothpick inserted in the center of the muffins comes out clean and top of muffins are a light brown
- let cool for 5 minutes before removing from the pan, and then place on a cooling rack

- serve warm, makes 8 servings