

A RECIPE FROM CARLA NEGGERS...

WILD BLUEBERRY MUFFINS

Ingredients

1 cup wild blueberries (fresh or frozen; you can use cultivated blueberries)

2 cup all-purpose white flour

3 teaspoons baking powder

2 tablespoons sugar (up to ¼ cup for sweeter muffin)

½ teaspoons salt

1 egg (slightly beaten)

1 cup milk (preferably whole)

¼ cup unsalted butter, melted

Directions

Preheat oven to 350°F (190°C). Butter muffin pan for 12 muffins or line with muffin papers.

Mix dry ingredients in a large bowl (flour, baking powder, sugar salt). Mix together the egg, milk and melted butter and add to the dry ingredients. Stir lightly, just enough to dampen. Don't worry about a few lumps!

Fold in wild blueberries. Optional: dust blueberries with a bit of the flour first.

Add batter to muffin cups, filling them about two-thirds.

Bake 20-25 minutes.

Note from Carla: Wild blueberries are a personal favorite of mine and turn up in many of my books. The Venus Shoe, one of my earliest books, was inspired by picking wild blueberries at our family homestead on the western edge of the Quabbin Reservoir, the setting for my Swift River Valley series.

For a gluten-free version, I use King Arthur Flour's Measure for Measure Flour instead of all-purpose flour.