



Chef Demo with Robert Gerstenecker of Park 75
June 12th 2010

Honey Blueberry Muffin

Ingredients

Whisk wet ingredients:

- 1 cup Yogurt - Atlanta Fresh 2%
- 1/2 cup Vegetable oil
- 3/4 cup Kudzu Honey - Hidden Springs
- 1 each Egg
- 1 teaspoon Vanilla Extract
- 1 teaspoon Lemon Zest

Sift dry ingredients

- 5 ounces Cake Flour
- 7 1/2 ounces All Purpose Flour
- 1 pinch Salt
- 2 teaspoons Baking powder
- 1 teaspoon Baking soda

Toss with 1 Tablespoon of dry and set aside -

- 1 cup Blueberries - Split Cedar Farm

Preparation

Preheat oven to 350°F. Grease muffin tins with vegetable oil. Mix wet ingredients, and lemon zest and vanilla extract. Sift dry ingredients. Toss 1 tablespoon of dry ingredients with blueberries to keep them from sinking. Mix dry to the wet all at once and mix very little. Fold in the blueberries gently. Place in oven and turn up to 375°F. Fill tins 3/4 and bake 20 mins or until done in the center.