

## Lingonberry Jam and Blueberry Muffins

1 cup all-purpose flour  
1 cup whole wheat flour  
½ cup sugar (white or light brown)  
1.5 tsp baking soda  
2 eggs  
1 cup plain, nonfat or lowfat yogurt  
¼ cup butter (unsalted preferred) melted and cooled  
1 tsp vanilla



1 cup chopped/mashed blueberries. If frozen, thaw first.  
1 to 2 heaping TBS Lingonberry Jam (Available at **A Swedish Shop**)

Preheat oven to 375\* Grease your muffin tins ahead or add paper cups.

In a large bowl, mix all dry ingredients together.

In another bowl mix eggs, yogurt, melted butter and vanilla.

Fold berries into the dry mixture. Fold wet mixture into the dry mixture. Mix in the Lingonberry Jam.

Spoon batter into greased muffin tins, filling about 2/3<sup>rd</sup>s of each cup. Bake for 12 minutes (mini size muffins) 20 to 25 minutes for standard size muffins.

Cool for a minute then remove from muffin tin and cool completely on wire racks. These keep for a week in the refrigerator tightly covered. Njut av / Enjoy!

**We hope you enjoy our Lingonberry Jam and Blueberry Muffins!**

*Recipe courtesy of A Swedish Shop  
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