

Whole Grain Lemon-Blueberry Tea Cake

Ingredients

2 cups white whole wheat flour
2 cups ground whole grain corn meal
1 tablespoon baking powder
1 teaspoon salt

1 cup whole milk
2 large eggs
1/2 cup whole milk yogurt
1/2 cup honey

1/2 cup whole fruit fused lemon olive oil
fresh grated zest from one lemon
2 cups fresh or frozen blueberries

Method

Preheat the oven to 400 degrees. Grease or line muffin cups or miniature loaf pans. In a large bowl, mix together the dry ingredients. In a separate bowl mix the wet ingredients and lemon zest. In three separate additions, add the wet ingredients to the dry, scraping down the bowl. Gently fold in the berries. Fill the muffin cups or loaf pans half way with batter. Bake in the center of oven for 20-25 minutes until a tester inserted in to the middle comes out clean. Makes 18 standard size muffins or one dozen muffins and one large or two miniature loaf pans.

Makes: 1 bottle

Time: 40 mins

