



Bodacious Blueberry Muffin in a Mug

By Jacy Shoener

Prep Time 7 / Cook Time 3 / Serves 1 - 2

Fun-Da-Mentals Kitchen Skills

crack: to break open or apart a food to get what's inside, like an egg or a coconut.

fold: to gently and slowly mix a light ingredient into a heavier ingredient so as not to lose air and to keep the mixture tender, such as incorporating whipped egg whites into a cake batter or folding blueberries into pancake batter; folding is a gentler action than mixing or whisking.

microwave: to heat or cook food or liquid quickly in a microwave oven, which uses high-frequency electromagnetic waves to generate heat in the food's water molecules.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

Equipment

- Microwave
- Microwave-safe mug
- Paper towel
- Potheader
- Small whisk or fork
- Measuring spoons
- Zester (or grater with small zesting plate/side)
- Spatula
- Toothpicks

Ingredients

Bodacious Blueberry Muffin in a Mug

- 1 egg ******(for EGG ALLERGY sub 1 T ground flaxseeds + 3 T water—more info below)******
- 1 T ricotta cheese ******(for DAIRY ALLERGY sub dairy-free/nut-free plain yogurt)******
- 1 T milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******
- zest of 1 lemon
- 2 T granulated sugar
- 3 T all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******
- 1/2 tsp baking powder
- 1 pinch ground cinnamon
- 2 to 3 T fresh or frozen blueberries

Food Allergen Substitutions

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Egg: For 1 egg, substitute 1 T ground flaxseeds + 3 T water. Whisk and let rest until liquid is absorbed.

Dairy: Substitute dairy-free/nut-free plain yogurt for ricotta cheese. Substitute dairy-free/nut-free milk.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Instructions

Bodacious Blueberry Muffin in a Mug

crack + whisk

Crack **1 egg** into a microwave-safe mug. Whisk the egg until it is frothy.

measure + combine

Measure and add **1 tablespoon ricotta cheese**, **1 tablespoon milk**, and **2 tablespoons sugar** to the mug. Whisk until ingredients are well combined and there are few lumps.

measure + combine

Measure and add **3 tablespoons flour**, **1/2 teaspoon baking powder**, and **1 pinch of cinnamon** to the mug. Mix well to combine.

wash + zest + combine

Wash and zest **1 lemon** and add the zest to the mug. Mix well to combine. Set aside the lemon to use later.

fold + microwave

Gently fold in **2 to 3 tablespoons of blueberries** using a spatula, scraping the sides of the mug as you go. Cover with a damp paper towel. Cook on high for 2 to 3 minutes, until cooked all the way through. Test with a toothpick. If it comes out clean, then it is done! It is delicious as is or with **Luscious Lemon Ricotta Drizzle** on top!

Featured Ingredient: Blueberries!

Hi! I'm Blueberry!

"Have you heard the saying, "as American as apple pie?" Well, with no offense to the apple—which is certainly a fine fruit—we blueberries think that classic saying should read, "as American as blueberry pie." Blueberries are one of the few fruits native to North America, and apples aren't (unless you count Pacific crabapples). And don't worry about our powdery coating. It's called epicuticular wax (but you can call it "bloom"), and it protects our skin. I guess you could say we bloom where we're planted!"

History

Blueberries are a genuinely natural blue food due to a pigment called anthocyanin. Native Americans used blueberries to make dye for textiles and baskets, and colonists made paint out of blueberries by boiling them in milk.

Blueberries have impacted the culture, cuisine, and even survival of Americans for centuries. From the times of the earliest indigenous people to the present day, blueberries have been a valued food staple. They've provided enjoyment during times of abundance and have held starvation at bay during times of scarcity.

In the 1860s, blueberries were gathered, packaged, and sent to Union troops during the Civil War.

The Shakers made the traditional blue paint used in their homes from blueberry skins, sage blossoms, indigo, and milk.

American poet, Robert Frost, wrote a poem called "Blueberries" that may have been inspired by his youth picking or eating blueberries.

Maine is the leading wild blueberry producer in the United States, and Oregon produces the most cultivated blueberries.

How official are blueberries? Consider these official state foods: Maine's state fruit is the wild blueberry, and their state dessert is Maine blueberry pie; Minnesota's state muffin is the blueberry muffin; New Jersey's state fruit is the Northern highbush blueberry; and North Carolina's state berry is the blueberry. July is National Blueberry Month because it is the peak of the harvest season.

Anatomy

Blueberry plants are woody shrubs. There are lowbush (or wild) and highbush (or cultivated) varieties. Canada grows the most lowbush blueberries in the world, and the United States produces about 40 percent of the highbush variety.

Native Americans once called blueberries "star berries" because the five points of blueberry blossoms make a star shape.

Blueberry plants can be grown in a large container (at least 2 feet deep and wide) if grown in acidic soil with good drainage. Plant them in the Spring and put the container in a sunny spot. They do not produce berries in the first year. It may take about five years for a full harvest.

How to Pick, Buy, & Eat

Blueberries turn from reddish-purple to a deep blue when they are ripe. Choose berries that are blue, plump, dry, and somewhat firm. Avoid blueberries that are white or green as they are far from mature. If there are stains on the container, some of the berries may be bruised. They may have a light dusting of grayish powder (or bloom) on their skin, which is normal.

Do not wash your blueberries before freezing, storing, or eating them. However, you will want to sort through the berries and remove any that are wrinkled or covered in a white fuzzy mold, so they do not spoil the rest. Refrigerate your blueberries with good air circulation and plan to eat them within a week if possible.

If you stir some fresh blueberries into your muffin batter, you will have the most popular muffin flavor in the United States. They are also delicious in salads and breakfast cereal, especially oatmeal, juice, pies, jams and jellies, sauces, and syrup. Dried blueberries are also good in cereals and batters.

North American indigenous people used blueberries to make "pemmican," a high-energy food consisting of dried meat, often game meat, dried berries, and tallow (rendered animal fat). They would pack it for sustenance on long journeys. European fur traders and explorers adopted it for their travels. Pemmican is still eaten today.

Blueberries have been valued as a highly nutritional food and for their medicinal properties and even for non-food uses such as making paints and dyes.

Nutrition

Blueberries contain more antioxidants than most other fruits or vegetables and may help prevent damage caused by cancer, heart disease, and Alzheimer's. In addition, the anthocyanin present in blueberries is good for eyesight.

Blueberries are a great source of many essential nutrients such as vitamin C, manganese, potassium, iron, and many others.

The calories in blueberries amount to only 80 per cup.

Blueberry juice had medicinal value for Native Americans and was used to treat persistent coughs and other illnesses.

