

BLUEBERRY MUFFINS

Ingredients:

500ml	2 cups all purpose flour
75ml	1/3 cup sugar
15ml	1 tbsp. baking powder
2ml	1/2 tsp. salt
2	2 eggs, beaten
250ml	1 cup milk
50ml	1/4 cup melted butter or margarine
175ml	3/4 cup fresh blueberries or deep frozen (not thawed)
5ml	1 tsp. grated lemon rind

Method:

1. Mix together flour, sugar, baking powder and salt. Add lemon rind and blueberries.
2. In a small bowl, mix the eggs, milk and melted butter and pour all at once onto the dried mixture. Mix only until the dry ingredients are dampened.
3. Drop by spoonfuls into greased muffin pans.
4. Bake in a 400°F (200°C) oven for 20 to 25 minutes.

Adapted from: La cuisinière, Five Roses.

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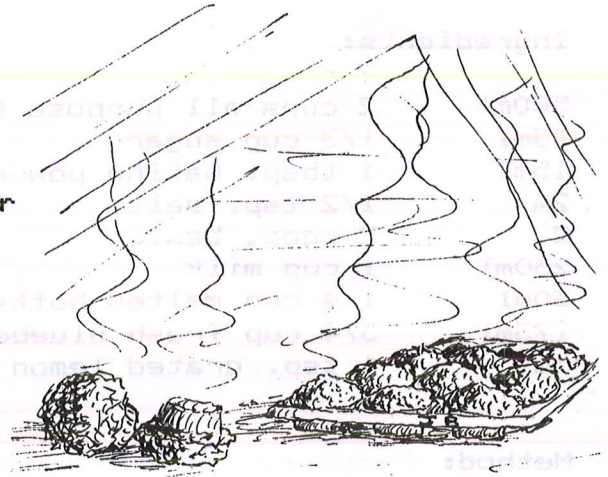
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150ml	2/3 cup oats
250ml	1 cup milk
1	1 egg, beaten
50ml	1/4 cup oil
325ml	1 1/3 cup whole wheat flour
25ml	2 tbsp. brown sugar
15ml	1 tbsp. baking powder
2ml	1/2 tsp. cinnamon
2ml	1/2 tsp. salt
25ml	2 tbsp. raisins



1. Mix oats, milk, egg and oil; stand for 10 minutes.
2. Mix whole wheat flour, brown sugar, baking powder, cinnamon, salt and raisins.
3. Add the mixture of oats and liquid ingredients to the dry mixture, stirring just enough to moisten them.
4. Fill the greased muffin pan to 2/3.
5. Cook in a 400°F (200°C) oven for 15-20 minutes.

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PEACHES AND DUMPLINGS

Ingredients:

4	4 cans (14 oz.) peaches
500ml	2 cups apple juice
300ml	1 1/4 cup flour (whole wheat flour or all purpose flour)
2ml	1/2 tsp. salt
50ml	1/4 cup sugar
10ml	2 tsp. baking powder
1	1 egg
125ml	1/2 cup milk

Method:

1. Wash and drain the peaches
2. Bring peaches and apple juice to a boil in a large pot.
3. Mix the flour, baking powder and salt.
4. Beat the egg slightly and add milk.
5. Add egg and milk to the dry ingredients, stirring just enough to moisten them.
6. Drop dumpling mixture by spoonfuls on top of boiling peaches.
7. Cover and cook for 15 minutes. Serves 8-10.

From: Healthy Recipes, Saint-Sauveur Hospital, Val d'Or.

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PINEAPPLE CAKE

Ingredients:

- 9 9 canned pineapple slices, drained.
9 9 marashino cherries

Cake:

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| 500ml | 2 cups all purpose flour (or whole wheat flour) |
| 15ml | 1 tbsp. baking powder |
| 50ml | 1/4 cup butter or margarine, melted. |
| 50ml | 1/4 cup sugar |
| 5ml | 1 tsp. vanilla |
| 1 | 1 beaten egg |
| 2ml | 1/2 tsp. salt |
| 250ml | 1 cup milk |

Method:

1. Place pineapple slices and cherries in the middle of each slice in a square pan of 9" (22 cm).
2. Mix dry ingredients together.
3. Mix egg, milk, and melted butter or margarine.
4. Add liquid mixture all at once in the dried ingredients, stirring just enough to moisten them.
5. Cook in a 400°F (200°C) oven for 20 minutes.
6. Serve lukewarm.

Adapted from: Modifiez vos recettes traditionnelles. Denise Hunter

△. i. b. Δ⁵ΛΠ||.:

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