

## Lemon Thyme Blueberry Muffins

May 2014 by Camine Pappas

### INGREDIENTS:

3 C Self-Rising Flour  
¼ C brown sugar  
½ t allspice  
½ t cinnamon  
1 t salt  
1 t vanilla extract  
1 egg, beaten  
¼ - ½ C lite sour cream  
¼ C white sugar  
2 C milk (2% is okay)  
1 T fresh lemon thyme  
Zest from one lemon  
1 pint fresh blueberries  
rinsed and dried



### DIRECTIONS:

Mix all dry ingredients. Beat egg, add and then add milk. Stir until incorporated. Batter will be slightly lumpy. Butter muffin tins. Fill three quarter or more of the cup. Bake in 400 degree oven for 15 minutes. Let sit for 10 minutes, remove and set on cooling rack.

GLAZE: powdered sugar, lemon juice (fresh!) and ¼ t vanilla. Make amount according to your taste. Should be runny but not watery and not too stiff.

Serve by garnishing with small lemon thyme leaves.

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