



Blueberry Muffin Squares

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



243 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 1 cups blueberries fresh for tossing them in plus a teaspoon of flour
- ☐ 0.3 cup brown sugar packed
- ☐ 1 large egg plus 2 tablespoons egg lightly beaten room temperature
- ☐ 0.3 cup graham cracker crumbs
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup cup heavy whipping cream sour room temperature
- ☐ 4.5 oz unbleached all purpose flour
- ☐ 4 tablespoons butter unsalted softened (I used)
- ☐ 0.5 teaspoon vanilla extract

Equipment

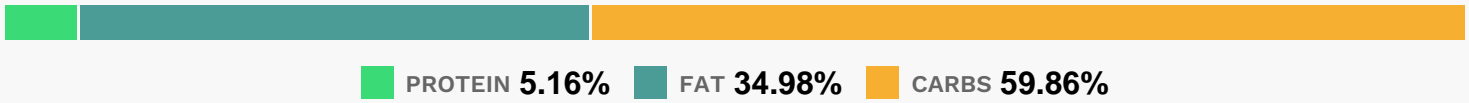
- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ baking pan
- ☐ hand mixer
- ☐ aluminum foil
- ☐ baking spatula

Directions

- ☐ Preheat oven to 350 degrees F. Spray an 8 inch metal baking pan with flour-added cooking spray or grease it well with butter. I lined mine with foil before I did this so that I could lift the cake from the pan and cut even squares.
- ☐ Mix together the crumbs, brown sugar and cinnamon; set aside. In a large mixing bowl using an electric mixer, cream the butter and sugar for about a minute. Beat in the salt and vanilla. Reduce speed to low and add sour cream and eggs. Scrape sides of bowl well. Stir in the baking soda, then add the flour and stir (be careful not to overbeat) until it's mixed in (As always, I add the flour by hand and use a heavy duty scraper to mix it).
- ☐ Spread about half the batter over bottom of pan.
- ☐ Sprinkle crumb mixture even over batter. Carefully spread remaining batter over crumbs. This is tricky, but doable – just drop blobs of batter over the crumbs and use a rubber scraper to gently spread the batter across the crumbs. Toss the blueberries in the flour and sprinkle evenly over the top. If you want to skip the flour-tossing, I think you'd be okay. I noticed flour stuck to the blueberries and was visible after baking and didn't like that.
- ☐ Bake for about 45 minutes or until edges are very lightly browned.

Let cool completely on a wire rack. Lift foil from pan (if you lined it) and cut into 9 large squares. Dust each piece with a little powdered sugar.**The original recipe says you can make these squares with self rising flour. If you do, omit the salt and baking soda.

Nutrition Facts



Properties

Glycemic Index:23.64, Glycemic Load:11.04, Inflammation Score:-3, Nutrition Score:4.5821739227875%

Flavonoids

Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg, Cyanidin: 1.57mg Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg, Petunidin: 5.83mg Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg, Delphinidin: 6.55mg Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg, Malvidin: 12.5mg Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg, Peonidin: 3.75mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 242.59kcal (12.13%), Fat: 9.58g (14.74%), Saturated Fat: 5.31g (33.22%), Carbohydrates: 36.89g (12.3%), Net Carbohydrates: 35.86g (13.04%), Sugar: 22.18g (24.65%), Cholesterol: 46.78mg (15.59%), Sodium: 175.06mg (7.61%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 3.18g (6.36%), Selenium: 8.11µg (11.58%), Manganese: 0.2mg (10.1%), Vitamin B1: 0.14mg (9.59%), Folate: 35.59µg (8.9%), Vitamin B2: 0.15mg (8.85%), Vitamin A: 308.91IU (6.18%), Iron: 1.09mg (6.04%), Vitamin B3: 1.15mg (5.75%), Phosphorus: 50.09mg (5.01%), Vitamin K: 4.38µg (4.17%), Fiber: 1.03g (4.12%), Calcium: 32.43mg (3.24%), Vitamin E: 0.43mg (2.85%), Vitamin B5: 0.25mg (2.54%), Copper: 0.05mg (2.36%), Vitamin C: 1.93mg (2.34%), Magnesium: 9.22mg (2.31%), Zinc: 0.33mg (2.22%), Potassium: 74.55mg (2.13%), Vitamin B6: 0.04mg (1.95%), Vitamin B12: 0.1µg (1.63%), Vitamin D: 0.23µg (1.53%)