

# BLUEBERRY BALSAMIC VINEGAR

## LEMON-BLUEBERRY MUFFINS

### DESSERT

#### **Ingredients:**

2 cup All-Purpose Flour  
3 tsp Baking Powder  
1/2 tsp Salt  
3/4 cup White Sugar  
1 Egg  
1 cup Milk  
1/4 cup Twisted Trunk Lemon Olive Oil  
2-3 tbsp. Twisted Trunk Blueberry Balsamic Vinegar  
1/2 cup Confectioner' Sugar  
Red Food Coloring

#### **Instructions:**

Preheat oven to 400 degrees. Spray muffin pans with cooking spray. Mix the dry ingredients in a large bowl; make a well in center. In a small bowl, beat the egg with a fork; add the milk and olive oil. Pour the wet ingredients all at once into the well in the flour mixture. Mix quickly with a fork until moistened; don't overbeat. The batter will be lumpy. Pour the batter into muffin pans, filling 3/4 full. Bake for 25 minutes until golden around the edges (15 minutes for mini-muffins) When muffins have cooled, combine vinegar, confectioners' sugar and food coloring in a small bowl and whisk until smooth. Spoon the glaze into a small zipper plastic bag and cut a very small hold in one tip. Squeeze the glaze onto the muffins in small ribbons. Let dry.

## BLUEBERRY BBQ SAUCE

### SAUCE

#### **Ingredients:**

2 cup Fresh Blueberries (thawed frozen)  
1/4 cup Twisted Trunk Blueberry Balsamic Vinegar  
3 tbsp. Sugar  
3 tbsp. Ketchup  
1/2 tsp Garlic Powder  
1/4 tsp Salt

#### **Instructions:**

Place all ingredients in a saucepan. Bring to a boil; reduce heat and simmer 15 minutes or until slightly thick. Remove from heat; cool. Place blueberry mixture in a blender; process until smooth.

(Use as sauce over pork, steaks or poultry)

## THE BLUE SALAD

### SALAD

#### **Ingredients:**

8 cup Spring Mix (rinsed and patted dry)  
1 pint Fresh Blueberries  
1/2 cup Crumbled Blue Cheese  
1 small Red Onion, thinly sliced  
1 cup Grape Tomatoes, sliced in half  
1 Mandarin Orange, Clementine, or Tangerine (peeled and separated into sections)  
1/3 cup Chopped Pecans (Optional)  
1/4 cup Twisted Trunk Blueberry Balsamic  
1/2 cup Twisted Trunk Blood Orange Olive Oil, Sea Salt & Crushed Black Pepper (to taste)

#### **Instructions:**

Prepare salad greens, fruit, cheese, onion & tomatoes by arranging on chilled salad plates. To make the vinaigrette, thoroughly whisk vinegar, oil, salt & pepper in a small bowl. Whisk until the oil and vinegar has emulsified. Pour over the prepared salad, top with optional chopped nuts and serve immediately.