



Wild Blueberry Cupcakes with Cream Cheese and Wild Blueberry Icing

Ingredients:

Blueberry Cupcakes

1/2 cup (120 g) soft butter
2/3 cup, plus 1 tablespoon (140 g) sugar
2 eggs
2/3 cup (200 g) sour cream
1 teaspoon vanilla extract
1/2 cup (50 g) ground almonds
1 2/3 cups (200 g) flour
2 teaspoons baking soda
2 2/3 cups (200 g) frozen wild blueberries

Blueberry Topping

1 1/3 (100 g) frozen wild blueberries
1/4 cup (50 g) sugar

Cream Cheese Icing

1 1/4 cup (300 g) cream cheese, room temperature
2 tablespoons (30 ml) milk
1/2 cup (50 g) powdered sugar, sifted

Preparation:

Place paper liners in muffin cups. Preheat oven to 350°F (180°C). In a large bowl, beat butter and sugar until light fluffy, approximately 1 minute. Add eggs, sour cream and vanilla extract. Mix until incorporated. In a separate bowl, mix ground almonds with flour and baking soda. Add to bowl with wet ingredients, mix to incorporate. Add blueberries to batter, fold to incorporate. Spoon batter into lined muffin cups. Bake until a skewer comes out clean, approximately 20-25 minutes. Place on a baking rack to cool before frosting with Cream Cheese Icing.

Place blueberries and sugar in a small pot over medium-low heat. Stir blueberries until sugar dissolves and mixture reduces to a sauce consistency, approximately 3-5 minutes. Set aside to cool. Whip cream cheese and milk together in a bowl using a whisk or electric beater. Add icing sugar, whip until incorporated. Place icing in a piping bag with a round tip; pipe on top of each cupcake. Using a teaspoon, create a small hole in icing; spoon Blueberry Topping inside and serve.

Preparation Time: approximately 1 hour + cooling time.

Servings: 12



Nutritional value per serving:

Calories: 311; Fat: 17.8 g; Carbohydrates: 31 g; Protein: 6.1 g; Sodium: 145 mg;
Cholesterol: 43 mg; Fiber: 2 g

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Recipe to be used in association with or credited to the Wild Blueberry Association of North America (www.wildblueberryassociation.ca). For additional recipes, visuals and information or to arrange an interview or in-studio segment, please contact Susan Willemsen or Ruth Colapinto at The Siren Group Inc. Tel: (416) 461-5270. E-mail: susan@thesirengroup.com or ruth@thesirengroup.com. Visit www.thesirengroup.com or follow us on Twitter, Facebook or Instagram [@thesirengroup](https://www.instagram.com/thesirengroup).