

# LOVEBIRD MUFFINS,

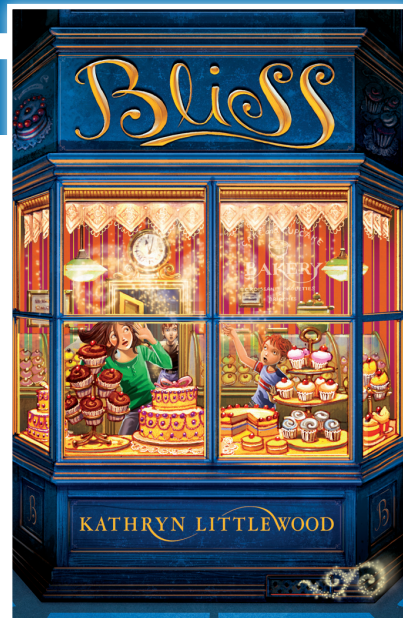
a magical recipe from the Bliss family Cookery Booke from  
*Bliss* by KATHRYN LITTLEWOOD

## TO DISSOLVE LOVE'S VARIOUS IMPEDIMENTS

It was in 1718 in the British country town of Gosling's Wake that Sir Jasper Bliss brought together two most unfortunate souls, the widower James Corinthian and dressmaker Petra Biddlebumme, who were too sad and too shy, respectively, to leap into the glorious fire of love. Jasper made a special delivery of these squash muffins to each one's house, then waited a safe distance from the dressmaking shop of Petra Biddlebumme. Two hours past the delivery of the muffins, widower James Corinthian ran to the door of Petra Biddlebumme, who asked him in for tea. They were married one month thence.

Sir Jasper Bliss did grate one large green squash while chanting the name of the lonely customers thrice. Sir Jasper did pass through a metal sieve one fist of flour and one fist of sugar. Sir Jasper did drizzle two acorns of the finest distilled Tahitian vanilla over the flour. Then he did fold within the batter one egg of the Masked Lovebird, *Agapornis personata*, which Sir Jasper did acquire from a mystic who had collected it from the primordial forests of Madagascar. He did bake the muffins at the heat of six flames for the time of eight songs.

*From Kathryn Littlewood's Bliss, pages 101–112*



### Lovebird Muffins

Makes 12 muffins

#### Ingredients:

- 3 cups flour
- 2 teaspoons baking soda
- Pinch of salt
- 2 teaspoons cinnamon
- ½ teaspoon nutmeg
- 1 ⅓ cups sugar
- 2 eggs of the Masked Lovebird\*
- 2 teaspoons vanilla
- 3 cups grated zucchini
- ⅔ cup melted unsalted butter
- 1 cup walnuts (optional)

\*If Masked Lovebird eggs are not available, you may substitute 2 large chicken eggs (magical effectiveness may be lower than with original ingredients).

### Directions:

1. Preheat the oven to 350°F. (Always ask an adult for help when using the oven!)
2. In a small bowl, combine the flour, baking soda, salt, cinnamon, and nutmeg. Set the bowl aside.
3. In a large bowl, stir together the sugar, eggs, and vanilla. Stir in the grated zucchini while chanting three times the names of people you wish to fall in love. Stir in the melted butter.
4. Stir the flour mixture into the zucchini mixture. Stir in walnuts if using.
5. Coat each muffin cup in your muffin pan with a little butter or vegetable oil spray. Use a spoon or ice cream scoop to distribute the muffin batter equally among the cups, filling the cups up completely.
6. Bake until muffins are golden brown, about 25 to 30 minutes. Set on a wire rack to cool for 5 minutes. Remove muffins from the tin and let cool another 20 minutes.



Find more magical baking, along with laughs, adventures, and lots of deliciousness in Kathryn Littlewood's *Bliss*!

Recipe by Katie Bignell