

Maple Walnut Muffins

Ingredients:

- 1 cup unbleached flour
- $\frac{3}{4}$ cup whole wheat flour
- 1 tablespoon baking powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{4}$ teaspoon allspice
- $\frac{1}{4}$ cup butter or 3 tbsp grapeseed oil
- $\frac{1}{3}$ cup maple syrup
- $\frac{2}{3}$ cup milk
- 1 egg
- $\frac{1}{2}$ teaspoon vanilla or maple extract
- $\frac{1}{2}$ cup chopped walnuts

Servings: Makes 1 tin of (or 8 jumbo) muffins

Steps:

1. Heat oven to 400 degrees. Butter muffin cups, or use oil or paper liners.
2. Combine dry ingredients, except nuts, in a large bowl.
3. Melt butter. Add syrup and milk, then beat in egg and vanilla or maple extract.
4. Stir mixture into dry ingredients and blend well. Stir in nuts.
5. Divide evenly among muffin cups. Bake 15-20 minutes. Let stand 5 minutes before removing from pans.

Discussion:

This uses maple syrup as the sweetener, which is NOT pancake syrup. Pancake syrup may not contain any maple syrup at all because it is often maple flavored corn syrup.