



INGREDIENTS

1/2 cup butter, softened
2/3 cup superfine sugar
2 Tbsp ground almonds
2 eggs, lightly beaten
2/3 cup pecans, coarse chopped
1 cup whole wheat pastry flour*
1 cup unbleached flour*
1 1/2 tsp baking powder
2 tsp baking soda
pinch salt
3/4 cup buttermilk
9 Tbsp pure maple syrup
12 pecan halves

Maple Pecan Muffins

**You can also sub 2 cups whole wheat pastry flour or 2 cups all-purpose flour in place of the flours specified.*

Preheat the oven to 375°. Line 12 muffin cups with paper liners or grease and flour.

Beat the butter and sugar together until light and fluffy. Stir in the ground almonds then slowly beat in the eggs. Next stir in the chopped pecans.

Sift the flour, baking powder, baking soda and salt into the butter mixture.

In a small bowl, blend the buttermilk with 6 tablespoons of the maple syrup. Pour it into the butter and flour mixture and blend gently until just combined, be sure to not overmix or your muffins will be tough.

Divide the batter into prepared cups, filling about 2/3 full. These muffins will rise quite a bit, so be sure not to overfill. Top each muffin with a pecan half and bake for 20 minutes, or until risen and firm to the touch.

Cool in the pan for about 5 minutes then transfer to a wire rack. Brush the remaining 3 tablespoons of maple syrup on top of the hot muffins until it is all gone.

These muffins are delicious served warm or cold — morning, noon or night.

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