



SHELBURNE FARMS

Sour Cream Maple Muffins

with Vermont Maple Syrup

From the Inn at Shelburne Farms

Yield: makes about 2 dozen

INGREDIENTS

2 1/3 cups all-purpose flour
1 Tbsp baking powder
1 1/4 tsp baking soda
1 tsp salt
2/3 cup plus 2 Tbsp butter, softened
Scant 1 1/4 cup Vermont maple syrup
1 1/2 cup (12 oz) low-fat sour cream
1 egg plus 1 egg yolk
2/3 cup walnuts, coarsely chopped

PREPARATION

1. Preheat oven to 400°F. Rub muffin tins with very small amount of oil to prevent sticking.
2. In a bowl, stir together the dry ingredients.
3. In a separate bowl, beat the butter until smooth and slowly add the maple syrup, beating constantly. Beat in the sour cream, the egg and egg yolk. Stir in the walnuts.
4. Add the dry ingredients to the wet ingredients and stir until just barely combined.
5. Fill the muffin tins about 2/3 full and bake until a toothpick inserted in the center of a muffin comes out clean, about 15-18 minutes. Cool in tins for 5 minutes before removing.