

Buttermilk Spice Muffins

Author: Mimi's Cafe

Source: Culinary Concoctions by Peabody



1 cup sugar
 1/2 cup butter
 3 whole eggs
 1/2 teaspoon cinnamon
 2 1/2 cups flour
 2 teaspoons baking soda
 1 teaspoon nutmeg
 3/4 cup buttermilk, plus 1 tablespoon

TOPPING:

1/2 cup sugar
 1 cup walnuts, finely chopped
 1/2 teaspoon nutmeg
 1/2 teaspoon cinnamon

Per Serving (excluding unknown items): 349 Calories; 15g Fat (38.6% calories from fat); 7g Protein; 47g Carbohydrate; 1g Dietary Fiber; 74mg Cholesterol; 322mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Non-Fat Milk; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>

Preparation Time: 30 minutes

Notes: Recipe yields 12 standard-size muffins, or six jumbo size muffins. If using the jumbo muffin pans, reduce the oven temperature by 25° and increase the baking time 5-10 minutes.

1. Grease the baking tins with butter. Or you can also use paper liners.
2. Preheat oven to 375°. In a mixing bowl, cream the sugar and the butter together with an electric mixer. When they are thoroughly mixed, add eggs and beat one more minute.
3. Sift the flour into a separate bowl, together with the baking soda, nutmeg and the cinnamon. Add the flour and the buttermilk to the first mixture, mix at low speed until smooth. To avoid lumps in the batter, add the wet and dry ingredients alternately, in small amounts.
4. Make the nut topping: Mix all ingredients together in a small bowl.
5. Fill each cup 3/4 full of batter. Add a full, rounded tablespoon of nut topping on top of each muffin cup of batter. Bake immediately or the topping will sink to the bottom of the muffin.
6. Bake at 375° for 20-25 minutes, until golden brown. A toothpick inserted in the middle of the muffin should come out dry. Home ovens heat differently from commercial ovens so you may need to adjust the temperature or the baking time accordingly.