



TAUNY 2014 Dairy Princess Buttermilk Baking Recipe Swap



Buttermilk Granola Muffins

Nature's Storehouse

Ingredients

- 2 cups whole wheat pastry flour
- 1 cup Sucanat (whole, unrefined cane sugar)
- 3/4 tsp salt
- 1 tsp baking powder
- 1/2 tsp baking soda
- 3/4 tsp ground cinnamon
- 1 cup of your favorite granola
- 1 tsp vanilla extract
- 1/3 cup vegetable oil
- 1 1/2 cups buttermilk (We use NOW Foods dry buttermilk powder re-constituted, because that's what we have on the shelf)
- 3/4 cup granola for topping (optional)

Directions

- Preheat oven to 400 F. Lightly grease the cups of a standard muffin pan.
- Whisk together all of the dry ingredients including the granola.
- In a separate bowl, whisk together the vanilla, vegetable oil and buttermilk.
- Pour the liquid ingredients into the dry ingredients, stirring just to combine.
- Spoon the batter into the prepared muffin cups, filling them nearly full. A slightly heaped muffin scoop of batter is the right amount.
- Sprinkle the tops of the muffins with additional granola, if desired.
- Bake the muffins for 16 to 18 minutes, until a toothpick inserted into the middle of one of the center muffins comes out clean.
- Remove the muffins from the oven and after 5 minutes, transfer to a rack to cool.
- Enjoy warm with butter, homemade strawberry jam and perhaps a glass of buttermilk.

Our Story

A couple of years ago our local baker took a vacation and we found ourselves running out of her multigrain muffins. What to do? We knew we had to come up with a substitute for her amazing Healthy Wholegrain Muffins, or risk disappointing our customers, which we do not like to do! Our cook, Mike Corse, went on the search for a muffin recipe. In keeping with our commitment to healthy, whole foods, Mike used his years of cooking experience to craft the original King Arthur recipe into this more wholesome version. The result was many happy and satisfied folks!