Mini Sage, Goat Cheese & Apple Muffins

Author: adapted slightly from a recipe at A Year from Oak Cottage blog

Carolyn T's Main Cookbook

Servings: 24



1 cup all-purpose flour
1/2 cup cornmeal, finely ground yellow
3/4 teaspoon baking powder
1/2 teaspoon baking soda
2 tablespoons fresh sage, coarsely chopped
1/2 teaspoon dry mustard
2 pinches cayenne pepper
5 tablespoons Parmesan Cheese (some used for tops)
1/4 teaspoon salt
1 large egg, beaten
1 tablespoon sugar
4 tablespoons butter, melted and cooled
1/3 cup sour cream
1/4 cup milk
1 whole apple, peeled, cored and grated
3 tablespoons goat cheese, soft, grated

Categories: Breads, Brunch

Blog: Carolyn T's Blog: http://tastingspoons.com

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Per Serving (excluding unknown items): 72 Calories; 4g Fat (45.1% calories from fat); 2g Protein; 8g Carbohydrate; 1g Dietary Fiber; 18mg Cholesterol; 112mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.

,1. Pre-heat the oven to 180*C/375*F. Lightly grease two mini muffin cup pans (24 holes), spray them with cooking spray (or use nonstick tins) and set aside.
2. Whisk the flour. cornmeal, baking powder, soda, sage, mustard, cayenne pepper and 3 T of the Parmesan cheese together with the salt in a medium sized bowl.
3. Combine the egg and sugar together in another bowl and slowly add the melted butter, mixing it in well. Whisk in the sour cream and the milk, mixing to combine well. Fold in the grated apple.
4. Add the wet ingredients to the dry ingredients, mixing gently until just combined, without overmixing. Crumble the goat cheese over and gently mix in, allowing for clumps.
5. Spoon the batter evenly into the muffin cups and then sprinkle the remaining 2 T of Parmesan cheese evenly over top of each one. Bake for 18 to 20 minutes or until light golden brown.