Last Word in Nutmeg Muffins

The Breakfast Book, Marion Cunningham



2 cups all-purpose flour

3/4 cups sugar

1 tablespoon baking powder

1 1/2 whole nutmeg pods, grated (yes, really that much - it's not a typo)

1/2 teaspoon salt

1 egg

3/4 cup heavy cream

3/4 cup milk

5 tablespoons butter, melted

Breads, Brunch, Brunch/Breakfast

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 14

NOTES: Can also be made as mini-muffins - makes about 26; bake for a shorter time, about 5 minutes less.

1. Preheat the oven to 400° F. Grease the muffin tins.
2. Stir together with a fork or whisk the flour, sugar, baking powder, nutmeg, and salt in a medium-size bowl, thoroughly combining the ingredients. Beat the egg well in a small bowl, then stir in the cream, milk, and butter and blend well. Add the cream mixture to the flour mixture and stir only until there are no streaks of flour. Don't overmix.
3. Spoon batter two-thirds full into each muffin cup. Bake for about 20 minutes, or until the rounded tops are lightly golden. Remove muffins from the pan, and serve warm. Or cool on a rack and store or freeze for later use; warm before serving.

Per Serving (excluding unknown items): 201 Calories; 10g Fat (43.5% calories from fat); 3g Protein; 26g Carbohydrate; trace Dietary Fiber; 45mg Cholesterol; 239mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.