

Crunchy Whole Grain Corn Muffins

In her essential breakfast book, *Sunlight Café*, Mollie Katzen always mixes the sugar right into the dry ingredients for muffins, and stirs the melted butter in at the end. I've adopted her technique, because it saves the time required to cream butter and sugar together. (These muffins really do take 15 minutes to make.) When you pry open your first grain-studded muffin, hot from the oven, consider topping it with a fat slab of salted butter. Drizzle it with creamed honey, for good measure.

For savory muffins, skip the sugar and increase the salt to 1 teaspoon. Stir in a handful of Parmesan cheese, sautéed onions, and/or chopped green chilies, if you'd like.

TIME: 15 minutes active time

MAKES: 8 regular or 12 small muffins

Vegetable oil spray
3/4 cup all-purpose flour
1/2 cup whole wheat flour
1 cup cornmeal
1/4 cup (raw) millet
1/4 cup (raw) quinoa
2 tablespoons flaxseed meal
2 teaspoons baking powder
1/2 teaspoon salt
1/3 cup sugar
1 cup milk
1/2 cup sour cream
2 large eggs
1/2 stick (4 tablespoons) unsalted butter, melted

Preheat the oven to 400 degrees. Spray a muffin tin with the vegetable oil spray. (The batter will make 11 muffins in an age-old cast-iron pan, or 8 regular or 12 small muffins in a contemporary standard muffin pan.)

Whisk the next nine ingredients, through sugar, together in a large mixing bowl. In a smaller bowl, whisk the milk, sour cream and eggs together until well blended and smooth. Stir in the melted butter, then add all the wet ingredients to the dry ingredients, and stir until no dry spots remain.

Fill 8 muffin cups almost to the top with batter (or for smaller muffins, fill 12 cups a little less full), and bake for 20 to 25 minutes on the middle rack, or until puffed and barely cracked. (The muffins won't brown much.) Let cool 5 minutes in pans, then serve warm.

Store cooled leftover muffins in an airtight container. Halve and toast before serving.