

APPLE CHEDDAR MUFFINS

Complements of

PINEHURST INN AT PIKES CREEK

Bayfield, WI

These muffins are the perfect complement to pork or chicken or served along with a yummy savory omelet. We enjoy experimenting with different cheeses as well. And, of course, we attempt to use organically grown products whenever possible.

1 large apple (we use Haralson or golden delicious)
1½ cups flour (unbleached, organic)
¼ cup regular uncooked oatmeal (rolled oats)
2 tbsp sugar
2 tsp baking powder
½ tsp baking soda
½ tsp salt
1 tsp cinnamon
¾ cup buttermilk
2 eggs (local, organic are best!)
¼ cup unsalted butter, melted
¾ cup finely grated cheddar cheese

Preheat oven to 400 degrees. Butter standard muffin tins.

Peel, halve and core apple – shred or dice to small pieces – set aside.

In a large bowl, stir and toss together the flour, oatmeal, sugar, baking powder, baking soda, salt, and cinnamon. Set aside. In a medium bowl, whisk together the buttermilk, eggs, and melted butter until smooth. Stir in the apple and cheese. Add to the combined dry ingredients and stir just until blended.

Spoon into muffin tins, filling each cup about three-quarters full. Bake about 20 minutes and until a toothpick inserted into center of muffins comes out clean. Cool in the tins for at least 5 minutes before removing.

Makes about 12 standard muffins.