

Pumpkin and Millet Muffins

Makes 12

These muffins offer an intriguing crunch, thanks to the toasted millet. Savor them warm from the oven, or freeze a batch to have on hand for holiday company. Serve these muffins warm with softened butter. Keep in mind that these muffins may be made in advance and frozen. Allow muffins to cool completely before transferring to freezer bags. To thaw, let muffins stand at room temperature overnight. Thawed muffins may be reheated in a 300°F oven for 10 minutes.

Ingredients

- 1/2 cup millet
- 1 egg
- 1/2 cup sour cream
- 1/2 cup whole milk
- 4 tablespoons (1/2 stick) unsalted butter, melted
- 1 cup canned pumpkin purée
- 1/3 cup granulated sugar
- 1/3 cup light brown sugar, packed
- 1 cup all-purpose flour
- 1 cup whole wheat pastry flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves

Method

Preheat oven to 400°F. Place paper liners in a 12-cup muffin pan; set aside.

Heat a large skillet over medium high heat. Add millet and toast, stirring occasionally, until golden brown and just beginning to pop, 3 to 4 minutes. Transfer millet to a plate to cool.

In a large bowl, whisk together egg, sour cream, milk, butter, pumpkin, granulated sugar and brown sugar; set aside. Whisk together flours, baking powder, baking soda, salt, cinnamon, nutmeg, cloves and cooled millet in a medium bowl, then gently fold into egg mixture until just combined. Spoon batter into lined muffin tins and bake until a toothpick inserted in the center of the muffins comes out clean, 22 to 25 minutes. Allow muffins to cool in pan for 5 minutes, then transfer to a cooling rack.

Nutrition

Per serving (1 Muffin/90g-wt.): 220 calories (60 from fat), 7g total fat, 4g saturated fat, 4g protein, 35g total carbohydrate (3g dietary fiber, 12g sugar), 35mg cholesterol, 200mg sodium

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Tags: Make Ahead, Gifts, Family Friendly, Cooking with Kids, American, Vegetarian

Note: We've provided special diet and nutritional information for educational purposes. But remember — we're cooks, not doctors! You should follow the advice of your health-care provider. And since product formulations change, check product labels for the most recent ingredient information. See our Terms of Service.