



Whole-Wheat Irish Soda Bread Muffins

Makes 12 servings

Ingredients

1 cup white whole-wheat flour
1 cup unbleached all-purpose flour
½ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon kosher salt

3 tablespoons chilled butter
1 cup 1% buttermilk
3 tablespoons honey or agave
1 large egg, beaten
3 ounces raisins (about ⅔ cup)

Instructions

1. Preheat oven to 375 degrees. Spray muffin tin with baking spray.
2. In a large bowl, combine all dry ingredients (flour, baking powder, baking soda and salt). Using a pastry cutter or two knives, cut in butter until mixture resembles coarse crumbs.
3. In a small bowl, stir together buttermilk, honey (or agave) and egg until blended.
4. Add buttermilk mixture to dry ingredients and stir to combine. Stir in raisins.
5. Spoon batter into prepared pan.
6. Bake 20 to 25 minutes, or until toothpick inserted in center of one muffin comes out clean.
7. Remove tin and cool on a wire rack for about 5 minutes before removing muffins from tin; finish cooling on rack.
8. Serve warm, or cool completely and store muffins in an airtight container or zip-close bags at room temperature.

Nutrition Facts

Serving size: 1 muffin; calories per serving: 147; total fat: 3.5g; saturated fat: 3g; cholesterol: 24mg; sodium: 148mg; carbohydrates: 24.5g; fiber: 1.5g; sugars: 10g; protein: 4g

Source: www.skinnytaste.com

