

All of It – September 14th, 2014

Brown Butter Nectarine Muffins

Recipe adapted from The Gourmet Cookbook

Recipe Type: Breakfast

Serves: 6 – 8, makes 12 – 18 muffins

INGREDIENTS

- 6 tablespoons butter
- 1 egg
- 1 egg yolk
- ½ cup milk (I used butter milk and a bit of water)
- 1 teaspoon vanilla
- 1 cup whole wheat flour
- ½ cup sugar
- ½ cup brown rice flour
- ¼ cup oat bran
- ¼ cup all purpose flour
- (OR 1 cup all purpose flour)
- 1 ½ teaspoon baking powder
- ¾ teaspoon salt
- ½ teaspoon cinnamon
- 2 nectarines, chopped into bite-size pieces

Crumble Topping:

- 2 tablespoons butter, cubed
- 1 tablespoon coconut oil
- 3 tablespoons sugar
- ¼ cup of oats, brown rice flour, and wheat bran
- OR ½ cup flour
- ½ teaspoon cinnamon
- dash of salt



INSTRUCTIONS

1. Preheat your oven to 375°. Prepare muffin pans by lining them with paper baking cups or greasing them.
2. Melt butter in a saucepan on medium heat. Shortly after the butter has melted, it will start crackling and little brown bits will appear. Once the butter is browned, remove the pan from heat.
3. Whisk the egg, egg yolk, milk, and vanilla in a small bowl. Add the brown butter and stir to combine.
4. In a medium bowl, mix the flours, sugar, baking powder, and salt. Add the milk/egg/butter mixture and stir. Slowly add in the nectarines and stir until they are fully incorporated into the mixture. If the mixture is hard to stir, add a little bit more milk or water.
5. Distribute the batter evenly among muffin cups.
6. Next is the topping!! Combine the butter, coconut oil, sugar, oats, brown rice flour, and wheat bran (OR ½ cup all purpose flour), cinnamon, and a dash of salt. Mix together with your hands until crumbly. Sprinkle topping over muffin batter.
7. Pop those muffin tins into the oven and bake for about 20 minutes. The muffins will brown ever so slightly and should spring back when you tap them in the middle. Suggested cooling time is 10 to 15 minutes, but I've never actually waited that long. Enjoy!!

Serving Size: 1 Calories: 306 Fat: 13 g Saturated Fat: 1 g Carbohydrates: 46 g Sugar: 19 g Sodium: 379 mg Fiber: 4 g Protein: 6 g

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