

Lemon Poppy Seed Muffins

Recipe by author Debra Dier

Yield: 12 regular or 8 large muffins

Preheat oven to 400 degrees

Ingredients:

Muffins:

2/3 cup sugar

Grated zest of 1 lemon

1/3 cup of lemon juice

1 cup all-purpose flour

1 cup whole wheat pastry flour

2 teaspoons baking powder

1/4 teaspoon baking soda

1/4 teaspoon salt

1 cup plain Greek yogurt, full to low fat-free

2 large eggs

1 1/4 teaspoons pure vanilla extract

1/4 cup of unsalted butter melted

1/4 cup canola oil

1 tablespoon black poppy seeds

Glaze:

1 cup powdered sugar

2-3 tablespoons fresh lemon juice

Directions:

Muffins:

1. Move oven rack to center position. Preheat the oven to 400 degrees F. Grease or use cooking spray to prepare the muffin pans.
2. In a large bowl, combine the sugar and lemon zest until the zest is well incorporated. Whisk in the flour, baking powder, baking soda and salt. Stir in poppy seeds. In a small bowl, whisk the Greek yogurt, eggs, vanilla, lemon juice, melted butter, and oil together until well blended.
3. Add liquid ingredients to the dry ingredients and gently stir to blend, leaving the mixture slightly lumpy. Do not overmix. Distribute the batter evenly in the muffin cups, filling each cup about 2/3 full.

4. Bake for 15 to 18 minutes, or until the tops are golden and a thin knife inserted into the center of the muffins comes out clean. Carefully remove muffins and place on cooling rack. You can cool them completely before drizzling with glaze, or cool five minutes and glaze, which will cause the glaze to melt into the muffins.

Glaze:

In a small bowl add 1 tablespoon of lemon juice to the powdered sugar and stir. Add the remaining lemon juice a little at a time until it reaches a consistency you can drizzle from a spoon. Glaze the muffins and serve warm or cool.