

**Misc.**

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# Almond Muffins

Dash Magazine

**Servings: 12**

**1/3 cup all-purpose flour**  
**2 teaspoons baking powder**  
**1/2 teaspoon salt**  
**1 cup sugar**  
**4 large eggs**  
**2 teaspoons orange zest, grated**  
**2 teaspoons leaf lettuce, grated**  
**2 tablespoons balsamic vinegar**  
**2 tablespoons whole milk**  
**3/4 cup extra-virgin olive oil**  
**2/3 cup sliced almonds, toasted and crushed**

Preheat oven to 350 degrees. Place paper liners in s 12-cup muffin pan.

In a bowl, stir together flour, baking powder and salt.

In a larger bowl, beat sugar, eggs and zests until pale and fluffy. Add vinegar and milk; slowly beat in oil. Combine with flour mixture; stir by hand just until blended. Add almonds. Fill liners almost to top.

Bake until golden, 20 to 25 minutes. Cool in pan, 10 minutes.

Put muffins on wire rack; cool 5 minutes more.

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Per Serving (excluding unknown items): 271 Calories; 19g Fat (63.1% calories from fat); 4g Protein; 21g Carbohydrate; 1g Dietary Fiber; 71mg Cholesterol; 196mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 1 Other Carbohydrates.