

Lemon Poppy Seed Muffins

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

Yield: 30 muffins

3 cups flour

1 1/2 teaspoons baking soda

1 1/2 teaspoons baking powder

1/2 teaspoon salt

3/4 cup butter, softened

1 cup + 2 tablespoons sugar

3 eggs

1 cup sour cream

1/3 cup lemon juice

1 1/2 teaspoons vanilla

1/4 cup poppy seeds

1 teaspoon grated lemon zest

granulated sugar (for garnish)

Preheat the oven to 375 degrees.

In a bowl, sift together the flour, baking soda, baking powder and salt. Set aside.

In a larger mixing bowl, cream the butter and sugar until fluffy. Add the eggs, one at a time, beating well after each addition. Add the flour mixture alternately with the sour cream, lemon juice and vanilla. Beat at low speed until blended. Fold in the poppy seeds and lemon zest.

Fill paper-lined muffin tins 2/3 full. Sprinkle with additional sugar.

Bake for 18 to 20 minutes or until a pick inserted in the center comes out clean.

Per Serving (excluding unknown items): 4304 Calories; 220g Fat (45.7% calories from fat); 73g Protein; 516g Carbohydrate; 15g Dietary Fiber; 1111mg Cholesterol; 5440mg Sodium. Exchanges: 19 1/2 Grain(Starch); 3 Lean Meat; 1/2 Fruit; 1/2 Non-Fat Milk; 41 Fat; 13 1/2 Other Carbohydrates.