

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Millet Muffins

From *Super Natural Every Day* by Heidi Swanson

"Durable but not dense, sweet but not sugary, crunchy, and just a smidge lemony" is a good way to describe these muffins. They seem to go over particularly well with cornbread lovers. For those of you who use cornbread for croutons as a stuffing base, you might want to experiment with these muffins as an alternative.

Makes 12 muffins

2 ¼ cups whole wheat pastry flour  
1/3 cup raw millet  
1 tsp aluminum-free baking powder  
1 tsp baking soda  
½ tsp fine-grain sea salt  
1 cup plain yogurt  
2 large eggs, lightly beaten  
½ cup barely melted unsalted butter  
½ cup honey  
Grated lemon zest and 2 Tbsp juice from 1 lemon

1. Preheat the oven to 400°F with a rack in the top third of the oven. Butter a standard 12-cup muffin pan or line with paper liners.
2. Whisk together the flour, millet, baking powder, baking soda, and salt in a large bowl. In another bowl, whisk together the yogurt, eggs, butter, honey, and lemon zest and juice until smooth.
3. Add the wet ingredients to the dry ingredients and stir until the flour is just incorporated. Divide the batter among the muffin cups, spooning a heaping ¼ cup batter into each one, filling it a bit below the rim.
4. Bake for about 15 minutes, until the muffin tops are browned and just barely beginning to crack. Let cool for 5 minutes in the pan, then turn the muffins out of the pan to cool completely on a wire rack.