

K's Kitchen: Muffins so tasty they are good to snack on

By Kathryn Reed

Breakfast is not my favorite meal to eat or fix. But for some reason when it's fixed for me, whatever is on the plate seems to taste better. Maybe that's because it's not my usual cup of coffee and banana.



When I was in the Bay Area earlier this year staying with friends because I had a meeting that needed writing about the next day it was much like staying at a bed and breakfast. (I also got dinner. Thank you Carol and Ben.)

Carol was much like a second mom to me growing up. While I don't see her as often now that mom doesn't live nearby, we still keep in touch mostly via email.

She was even more generous by sending me home with a large baggy full of these morsels. They are great to eat anytime of day. But right out of the oven with a little butter is the best.

All the comments below are from Carol.

Empire State Muffins

(From Carol Shuey with adaptations from original recipe from Rachel Kukuk.)

Note: *Cranberries never seem to be in season when I make this recipe. I've tried using frozen ones, but that wasn't very successful. I now use dried cranberries (Craisins). I take about $\frac{3}{4}$ cup of them, put in a bowl of water and let soak for about half hour and then I drain and chop or cut them up. If*

you do this first thing when you are getting ready to start making this recipe, they will almost have soaked long enough by the time you get the apples, carrots, walnuts and other ingredients ready.

2 C shredded unpeeled apples

1½ C sugar (I greatly reduce this to 1 cup or even ¾ cup)

1 C chopped cranberries

1 C shredded carrots

1 C walnuts, chopped (I reduce to ½ cup)

2½ C flour

1T baking powder

2 tsp baking soda

½ tsp salt

2 tsp cinnamon (I use 1 tsp)

2 eggs

¼ C oil

¼ C orange juice concentrate (I have used just ¼ cup regular OJ and it is OK, but using the concentrate would give a stronger orange flavor probably.)

Combine apples and sugar; gently fold in cranberries, carrots and nuts. Combine dry ingredients and add to bowl. Mix well. Add oil, juice and eggs.

Bake at 375 degrees for 20-25 minutes. If using small muffins tins, bake for 15-20 minutes.

Yield: Small muffins yield approximately six dozen.

