

Millet Muffins

Recipe adapted from A School Food Revolution, Alice Waters' forthcoming school food manifesto

Millet grains give these muffins a delicious little crunchy pop and kids love them.

Ingredients

Makes 12 muffins

½ cup molasses

½ cup vegetable oil

1 egg

1 ½ cups whole milk

1 teaspoon cider vinegar

¾ cup millet

1 ¼ cups whole-wheat flour

1 teaspoon baking soda

1 teaspoon baking powder

½ teaspoon kosher salt

1 cup diced peeled apple

Directions

1. Preheat the oven to 375°F. Grease a muffin tin with vegetable oil or line with paper muffin wrappers.
2. In a bowl, beat together the molasses, oil, egg, milk, and vinegar. In a separate bowl, mix all the remaining dry ingredients together. Use a rubber spatula to fold the wet ingredients into the dry ingredients until just combined, folding in the diced apple last. Take care not to overmix the batter.
3. Scoop the batter into the muffin tin, filling each cup up to the surface of the pan. Bake for 20 minutes or until a skewer inserted in the center of a muffin comes out clean. Transfer to a wire rack and cool to room temperature.