

TASTE WITHOUT WASTE

Cinnamon Layer Muffins

Makes 6-8

Ingredients

½ cup caster sugar, plus 1 tbsp extra
¼ cup chopped nuts
2 tsp cinnamon
60g butter or margarine, softened
1 egg, lightly beaten
½ tsp vanilla essence
1 ½ tsp lemon juice
1 cup plain flour
¼ tsp baking powder
¼ tsp bi-carb soda
Pinch salt
½ cup light sour cream

Method

Preheat oven to 200C. Grease at least six holes in a twelve-hole 1/3 cup capacity muffin tin. Line with paper cases or squares of baking paper (for that cafe effect).

In a small bowl combine the one tablespoon of caster sugar, the nuts and cinnamon. Set aside.

Sift together the flour, baking powder, bi-carb soda and salt.

In a medium bowl cream the butter and sugar together until very pale and fluffy. I use an electric hand mixer as it is quite a small amount. Gradually add the egg, beating thoroughly after each addition. Tip in the vanilla essence and lemon juice and beat well to combine.

Fold one third of the flour into the batter until only a few dry patches are left. Now fold in half of the sour cream, then another third of flour, the last half of the sour cream and finish with the final third of flour. Try to fold as little and as possible and tilt the bowl (so that gravity can help you combine the ingredients more efficiently!) You want to trap as much air as you can.

Drop a tablespoon of the mixture into each muffin hole. Sprinkle in some of the cinnamon-nut mix, reserving half of it for the topping. Now divide the rest of the batter between the muffin holes. Sprinkle over the remaining cinnamon-nut mix.

Bake for approximately 18 minutes or until done when an inserted skewer comes out clean.

Place muffin pan on a wire rack and leave to cool for three minutes. Remove muffins from tin and leave to cool completely on the wire rack.

These muffins freeze well.

Source: Slightly adapted from [Margaret Fulton's Baking: The Ultimate Collection page 171](#)

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