

Maple Walnut Muffins

A Seasonal Favorite at The Adair Inn and Restaurant in Bethlehem, NH

We try to sneak maple syrup into many offerings here at Adair because we love to use our local products. This recipe produces a mapley delight.

Muffins:

2 eggs

1 cup sour cream

1 cup maple syrup

1 cup bran flakes cereal

1 cup flour

$\frac{3}{4}$ cup chopped walnuts

1 teaspoon baking soda

Glaze:

3 tablespoons butter, melted

$\frac{1}{3}$ cup maple syrup

Preheat the oven to 400°F. Grease the muffin tins.

In a large bowl, beat the eggs, sour cream, and maple syrup. Add the cereal, flour, nuts, and baking soda, and mix until just combined. Spoon the batter into the muffin tins, filling them two-thirds full. Bake for about 15 minutes.

To make the glaze, combine the butter with the maple syrup. After baking, loosen the muffins in the tin with a sharp knife and drizzle the glaze over them. Let them stand for 15 minutes to absorb the glaze, and then remove the muffins from the tin and place them on a rack. A sift of confectioner's sugar just before serving would be nice. Sprinkle on some chopped walnuts if you wish.

Yield: 8 to 12 muffins

For more about Adair, visit www.adairinn.com