

McCLINTOCK'S COOKERY

with MK McClintock

SOUR IRISH CREAM MUFFINS WITH POPPY SEED STREUSEL

I really should post regular meals, I know it, but baking is just so much more fun! Because of this, I've been making it a point to substitute certain ingredients for their lower-calorie, lower-fat, and lower-cholesterol counterparts while still making everything taste delicious. It may sound like more of a challenge than it really is! In fact, 95% of what I bake using the healthier substitutions taste as good, or better! Now that's delicious.

One of my favorite sources for some healthier baking ideas is *Cooking Light's* collection of recipe magazines. These are different than their regular publication. This lovely recipe is another adaptation from their *Quick Baking* publication. I mixed things up a bit by adding extra flavor in the form of one of my favorites - Irish Cream! Now, I create a non-alcoholic version but the recipe works both ways. In full disclosure, I have made but not tried the Bailey's version. I am told they are delicious.



Sour Irish Cream Muffins with Poppy Seed Streusel

Adapted by MK

- 2 cups unbleached all-purpose flour
- 3/4 cup organic sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp sea salt
- 3/4 cup low-fat buttermilk
- 1/4 cup unsalted butter, at room temp
- 1 Tbs Bailey's Irish Cream or DaVinci Irish Cream flavoring
- 1 tsp vanilla extract
- 8 oz non-fat sour cream
- 1 large egg, lightly beaten
- Bakers cooking spray

For the Streusel:

- 3 Tbs organic sugar
- 2 Tbs unbleached all-purpose flour
- 1 Tbs butter, melted
- 1/2 Tbs poppy seeds



1. Preheat oven to 375 F
2. Prepare streusel by combining all streusel ingredients together and setting aside.
3. For the muffins, combine flour, sugar, baking powder, soda and salt in medium bowl - stir with whisk.
4. Make a well in center of mixture. Combine buttermilk and remaining ingredients except cooking spray in a small bowl.
5. Add to flour mixture, stirring just until moist (do not over mix!)
6. Spoon into muffin tins coated with cooking spray.
7. Sprinkle streusel evenly over batter and bake at 375 F for 18-22 minutes or until done.
8. Allow to cool in pans on racks for 5 minutes, then remove and allow to continue cooling on racks.
9. Note: This cook doesn't wait - I like them still warm from the oven!