



Strawberry Sage Muffins



2 cups all-purpose flour
1 TBL baking powder
½ TSP salt
1 egg
1 cup sugar
4 TBL butter, melted and cooled slightly
½ cup sour cream
½ cup milk
1 ½ cup fresh strawberries, diced
6-8 large leaves fresh sage, finely minced

Preheat oven to 350°. Line muffin tins with paper muffin cups.

In a medium bowl, whisk flour, baking powder, and salt. In a large bowl, briefly whisk the egg; then whisk in the sugar until slightly creamy. Continue whisking while you add the melted butter, 2 TBL at a time. Whisk in sour cream and milk until batter is uniform in color and texture. Try to avoid over mixing.

Add diced strawberries and sage to the flour mixture; toss gently to incorporate. Add the flour/strawberries to the wet ingredients; gently fold together until just combined. The batter will be quite thick. Spoon the batter into muffin cups, almost filling to the top. Bake for 25 to 30 minutes until they are a light golden color and a toothpick comes out clean.

*Servings = 9, (Yields about 18
muffins; Two muffins per serving)
Nutrition provided from the herbs
in this recipe:
13 IU of Vitamin A
4 mcg Vitamin K
4 mg Calcium
1 mg Magnesium
2mg Potassium*

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