

LEMON POPPYSEED MUFFINS

Oven temp: 375 F

Yield: 1 dozen+ 9 mini

Ingredients

455 mL	flour (250+125+80)	2	large eggs
185 mL	sugar (125+60)	125 mL	full fat yogurt (plain or flavored)
10 mL	baking powder	100 mL	vegetable oil
5 mL	baking soda	60 mL	lemon juice (from the lemon)
2 mL	salt	50 mL	milk
25 mL	poppy seeds	10 mL	lemon zest (zest of 1 lemon)
		2 mL	lemon extract + 2 ml of any other flavor

Glaze : 40 mL lemon juice (from the bottle), 30 mL sugar

Method:

1. Preheat oven to 375 F and set oven racks in the middle of the oven. Line muffin tins with paper liners. Spray mini pan with cooking spray.
2. Zest just the outer yellow skin of your lemon into **the small bowl**. Then cut the lemon in half, juice it and add to the bowl. Add the eggs, extracts, yogurt and stir together with a fork. Measure out 50 ml of milk in a glass liquid measure and add oil to it until it reaches the 150 ml line. Add this mixture to the small bowl and stir.
3. In a **medium bowl** combine the flour, sugar, baking powder, baking soda, salt and poppy seeds.
4. Make a well in the dry ingredients and pour in the wet. Use a rubber spatula to GENTLY fold the mixture just till blended and no flour streaks are left. DO NOT stir or mix vigorously.
5. Spoon the batter evenly in the 12 muffin cups (3/4 full) and put the rest of the batter in the mini muffin pan. Bake the small ones for 15 mins or until the top springs back lightly when touched and it is golden brown in color. Leave the large muffins in for another 5 mins. Switch the two large muffin tins halfway through baking to get an even brown color on top.
6. To make the glaze: Pour 40 ml of lemon juice from the bottle and 30 ml of sugar into a small glass custard cup. Heat it up in the microwave for 25 secs and stir again.
7. When muffins are out of the oven poke holes in the tops of the muffins while they are warm and use a pastry brush to brush the glaze mixture over the tops of the muffins. You will need to do it 2 times until it all soaks in. If desired you can sprinkle the tops of the muffins with sugar right after you glaze them and then let them cool.