

Whole Wheat Millet Muffins

Made with honey, vegetable oil, plain yogurt, and a healthy dose of crunchy millet, these lemon-scented muffins are meant for breakfast, not dessert. Serve them warm or reheated, plain or with a smear of butter or extra honey.

Look for millet in the bulk foods section of a natural grocery store.

TIME: 15 minutes active time

MAKES: 1 dozen muffins

Vegetable oil spray
2 1/4 cups whole wheat pastry flour
1/3 cup (raw) millet
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1 cup plain nonfat yogurt
2 large eggs
1/2 cup vegetable oil
1/2 cup honey
Zest and juice (about 2 tablespoons) of 1 lemon

Preheat the oven to 400 degrees. Spray a 12-cup muffin pan with vegetable oil spray (including the flat parts), and set aside.

Whisk the flour, millet, powder, soda, and salt together in a large bowl. In another big bowl, whisk the remaining ingredients until smooth. Add the wet ingredients to the dry ingredients, and stir until the flour is just incorporated. Divide the batter between the muffin cups, spooning a heaping 1/4 cup batter into each one. (The muffins will not rise much.)

Bake for 12 to 15 minutes, until browned and only barely beginning to crack. Let cool 5 minutes in pans, then cool completely on a wire rack.