

# Agave Muffins

1 <sup>3</sup> / <sub>4</sub> cups	all-purpose flour <del>3<sup>1</sup>/<sub>2</sub></del>	425 mL
2 tsp	baking powder	10 mL
1 tsp	baking soda	5 mL
1/2 tsp	salt	2 mL
1	egg	1
1/2 cup	unsalted butter, melted	125 mL
1 cup	sour cream	250 mL
2 tsp	finely grated lime zest	10 mL
3/4 cup	agave nectar	175 mL

If you have yet to try the liquid sweetener agave nectar, produced in Mexico, here's your chance. You can find it in light, amber and dark varieties, any of which can be used in these muffins. Light has a mild, almost neutral flavor; amber has a medium-intensity caramel flavor; and dark has stronger caramel notes. Agave nectar is now readily available in supermarkets, and very reasonably priced. Trust me, you will love it!

Makes 12 muffins

- Preheat oven to 350°F (180°C)
  - 12-cup muffin pan, lined with paper liners
1. In a large bowl, whisk together flour, baking powder, baking soda and salt.
  2. In a medium bowl, whisk together egg, butter, sour cream and lime zest until well blended. Whisk in agave nectar until blended.
  3. Add the egg mixture to the flour mixture and stir until just blended.
  4. Divide batter equally among prepared muffin cups.
  5. Bake in preheated oven for 20 to 25 minutes or until tops are golden and a toothpick inserted in the center comes out clean. Let cool in pan on a wire rack for 3 minutes, then transfer to the rack to cool.

I double for  
24 muffins