

Sour Cream Muffins – Sweet OR Savory

Ingredients

- 1 $\frac{3}{4}$ cups all-purpose flour
- 1 teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 cup sour cream
- 2 Tablespoons to $\frac{1}{2}$ cup granulated sugar (use 2T – $\frac{1}{4}$ cup for savory muffins and the full $\frac{1}{2}$ cup for sweet muffins)
- $\frac{1}{2}$ cup butter or coconut oil, melted or vegetable oil
- 2 large eggs
- Add-ins – Pick and Choose what you want to add!
 - Savory add-in ideas: cheese, herbs, garlic, diced lunchmeat, diced vegetables
 - Sweet add-in ideas: vanilla extract, cinnamon or other warming spices, fruit (fresh, frozen, dried or freeze dried), chocolate chips or other flavored baking chips

Instructions

- Preheat the oven to 350 degrees F. Lightly coat a 12-cup muffin tin with nonstick cooking spray or line with muffin liners.
- In a medium bowl, whisk together the flour, baking soda, salt and nutmeg.
- In a liquid measuring cup or in a separate bowl, whisk together the sour cream, granulated sugar, coconut oil, vanilla and eggs.
- Pour the wet ingredients into the center of the dry and using a rubber spatula or large spoon, fold and mix until just incorporated (no overmixing unless you want dense, dry muffins!). The batter will be on the thick side of things.
- Fill the muffin tins evenly, $\frac{1}{2}$ to $\frac{2}{3}$ full, and bake for 14-16 minutes until the top lightly springs back to the touch.