



## Green Tea Muffins

Makes 12 muffins

I will confess I was a tad skeptical. Green tea ice cream is one thing, but green tea muffins? Would they taste good? Would they taste like green tea? They are actually quite nice, and the green tea flavor is subtle but definitely there.



Ingredients:

- 2 cups of all-purpose flour
- 1 cup white sugar or zylitol (birch sugar – it's healthy for you!)
- 1/2 tsp baking soda
- 2 tsp powdered Japanese green tea (matcha)
- 1/2 cup milk (even nonfat works okay)
- 1 stick of butter, softened
- 2 eggs

Oven 350°F

Sift together the flour, baking soda, and green tea powder and set aside. In a large bowl, beat the butter until light. Add the sugar and beat some more until light and fluffy. Add the dry mixture and the milk. Stir with a spatula or wooden spoon until the dry ingredients are just incorporated (don't over mix). The batter will be somewhat lumpy. Divide the batter among the muffin tins (I used those foil liners. If you don't have any liners, grease the tins), about 2/3 full. Bake for 25-30 minutes. Allow to cool on a wire rack.

Bon appetit!