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## Black Walnut and Clove Muffins

SERVES 6–8

Black walnuts grow readily in Iowa and Nebraska. They have an intense, earthy flavor, making them a standout against their milder cousin, the English walnut. These muffins are perfect for an early summer morning, served warm with a pat of butter and homemade jam, or drizzled with honey.

—**Maggie Pleskac** MAGGIE'S VEGETARIAN CAFÉ | LINCOLN, NE

1 and 3/4 cups whole-wheat pastry flour or hard white-wheat flour  
2 teaspoons baking powder  
1/2 teaspoon sea salt  
1/2 teaspoon ground cloves  
1 cup black walnuts, chopped, divided  
3/4 cup granulated sugar  
3/4 cup whole milk  
1/3 cup sunflower oil  
2 eggs, room temperature  
1 teaspoon vanilla extract

### WHERE TO FIND...

#### **Black Walnuts**

Heartland Nuts 'N More  
Valparaiso, NE

#### **Hard White-Wheat Flour**

Fehringer Farms  
Sidney, NE

#### **Milk**

Prairieland Dairy  
Firth, NE

#### **Eggs**

Common Good Farm  
Raymond, NE

#### **Oil**

Bainter Sunflower Oil  
Hoxie, KS

Preheat the oven to 350°F.

Sift the flour, baking powder, salt, and cloves together into a large bowl. Stir in 3/4 cup of the walnuts. Set aside.

In a medium bowl, stir together the sugar, milk, oil, eggs, and vanilla until smooth. Add the wet ingredients to dry ingredients and stir until just combined.

Do not overmix, or your muffins will turn into hockey pucks.

Line a muffin pan with paper muffin cups. Add a scant 1/2 cup of the batter into each paper cup. Garnish each muffin with the remaining walnuts.

Bake for 23 to 26 minutes, or until a toothpick comes out clean when inserted into the center of the muffin. Serve while still warm.