

# Savory Onion Muffins

Makes 8 standard size muffins



## Ingredients

### For the Muffin Batter

- 1 tablespoon olive oil
- 1 cup onion, chopped
- 2 cups all purpose flour
- 1 tablespoon sugar
- 1 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon kosher salt
- 1 large egg
- 1 cup buttermilk (or milk with 2 teaspoons white vinegar to “sour” it)
- ¼ cup olive (or avocado, grapeseed or canola) oil
- ¼ cup chives, finely chopped

### For the Top Before Baking

- ½ cup grated parmesan cheese
- Sea salt flakes
- ½ cup fried onions (if desired)

## Steps

1. Preheat oven to 350°F. Prepare a muffin tin with 8 paper cups or spray/oil the pan if not using paper cups.
  1. In a small pan over medium-high heat begin sauteing the chopped onions in 1 tablespoon olive oil. Cook until the onions are soft and have turned a golden brown (about 5 - 6 minutes). Remove from heat.
  2. In a medium-size bowl whisk together the flour, sugar, baking powder, baking soda and kosher salt.
  3. In a large bowl whisk together the egg, buttermilk and oil.
  4. Add the flour mixture to the egg/buttermilk mixture and stir until just combined (flour has disappeared) being careful not to overmix.
  5. Fold in the chives and cooked onions. Spoon or scoop mixture into the prepared muffin pan. Sprinkle the tops with parmesan cheese, sea salt flakes and fried onion (if using).
  6. Bake for 25 minutes or until the tops are lightly browning and a toothpick when inserted in the center comes out clean. Enjoy!