

Cleo Coyle's Low Fat Peach Muffins

Text and photos (c) by Alice Alfonsi
who writes [The Coffeehouse Mysteries](#)
as [Cleo Coyle](#) with her husband, Marc Cerasini.



This is an easy and versatile recipe. The muffins are packed with fresh peach flavor, and Marc and I often eat them drizzled with a little honey. They are truly amazing that way. When we want a lower fat muffin, I use 1% or 2% milk. For a richer muffin, I'll simply increase the fat within the milk by using whole milk, half-and-half, or cream instead. The higher the fat content of your milk, the richer your muffins will taste. Either way, bring out that local, raw honey (the best tasting and best for you), put on a pot of coffee or tea, slip a pan of these babies in the oven, and...Eat with joy!

~ Cleo Coyle, author of
[The Coffeehouse Mysteries](#)



Makes 6 standard muffins

Ingredients:

- 1 cup diced ripe peaches (for yellow peaches, about 2 medium or 1 large)
- 1 egg
- 1/2 cup low fat milk (1% or 2% milk gives us good results;
for richer muffins use whole milk, half-and-half, or cream)
- 2 tablespoons vegetable or canola oil
- 5 tablespoons white, granulated sugar
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon kosher salt (or 1/8 teaspoon table salt)
- (optional) 1/4 teaspoon ground cinnamon
- 1 teaspoon baking powder
- 1 cup all-purpose flour
- (optional topping) A little "Sugar in the Raw" (aka turbinado or demerara)
or another coarse finishing sugar to sprinkle on before baking.



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Step 1 - Prep oven, pan, and peaches: Preheat oven to 375° F. Line 6 muffin cups with paper holders and lightly coat papers with non-stick spray. Choose ripe peaches. (Flesh should be soft in your mouth, not crunchy.) Peel the peaches and dice the flesh into small, uniform pieces, as shown.

Step 2 - Create batter with one bowl mixing method: Crack egg into a mixing bowl and gently beat with a whisk. Add milk, oil, sugar, vanilla, and salt and whisk until well blended. If adding cinnamon, whisk in well. Now add baking powder and whisk very well, until dissolved. Switching to a spoon or spatula, mix in the flour until all the raw flour disappears into the batter and a lumpy batter forms. Do not over-mix at this stage or you will develop the gluten in the flour and your muffins will be tough instead of tender. Finally, fold in the diced peaches.

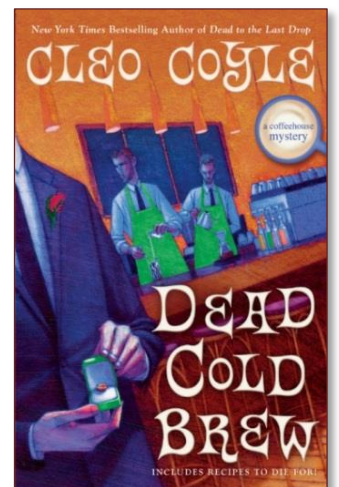
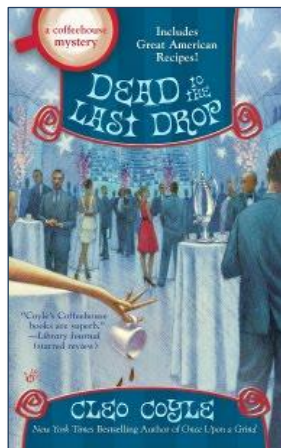
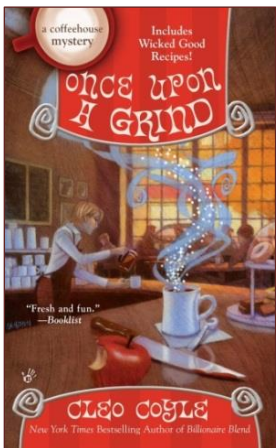
Step 3 - Bake: This batter will make 6 standard muffins. Divide it up evenly among your paper-lined (and lightly sprayed) muffin cups. If using a finishing sugar, sprinkle on unbaked tops. Bake in a well-preheated 375° F. oven for 25 to 30 minutes. Remove the muffins from hot pans as soon as they leave the oven. The muffins will be pale. If using finishing sugar, the tops will turn more golden brown. (FYI: My photos show low-fat muffins without the finishing sugar. This is how Marc and I enjoy them.)

Toothpick method for de-panning hot muffins: If you leave fresh-baked muffins in their hot pans, the bottoms may steam and become tough. Gently insert a toothpick on each side of the muffin. Use the toothpicks as handles and lift the muffin from the pan. This is a fast, efficient way to get the muffins out of their hot pan without squishing or flattening them. Place on a rack to continue cooling. Drizzle a little honey, pour a cuppa joe or tea, and you're set to...



Eat with joy! ~ Cleo

The [Coffeehouse Mysteries](#) are bestselling culinary mysteries, set in landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at www.CoffeehouseMystery.com And her recipe blog at www.CleoCoyleRecipes.com



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