



Upside Down Fresh Peach Muffins

A perfect breakfast sweet roll with underside down flavor

- 6 Tablespoons light brown sugar
- 1 large egg
- 1 large egg white or 2 Tablespoons liquid egg white
- 3/4 cup granulated sugar
- 3/4 cup plain or orange flavored yogurt
- 1 teaspoon grated orange peel
- 1/4 cup oil
- 1 teaspoon vanilla
- 1-1/2 cups all-purpose flour
- 1/2 cup white whole wheat flour
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1-1/2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- 3 to 4 peeled pitted peaches, thinly sliced.
- Topping: 1/2 to 1 teaspoon mixed cinnamon sugar, optional

Preheat oven to 400-degree F. Coat 12 muffin cups in nonstick muffin pan generously with nonstick spray. You can also line the cups with parchment if desired.

Spoon generous 1/2 Tablespoon brown sugar into each muffin cup lightly pat evenly; set aside.

In medium bowl, whisk egg, egg white and granulated sugar until smooth. Add yogurt, orange peel, oil, and vanilla; mix until well blended.

In large bowl, stir all-purpose flour and whole wheat flour, baking powder, baking soda, salt, cinnamon, and nutmeg. Stir into wet ingredients only until combined and batter forms.

Thinly slice peaches to fit into muffin pans. Arrange 2 thin slices overlapping slightly, over brown sugar in each muffin cup.

Using an ice-cream scoop, place 1 scoop batter over fruit; set muffin pan on cookie sheet to catch any dripping overflow. Bake for about 25 minutes until brown and tests done.

Immediately, loosen edges; turn out onto greased foil lined flat pan. Adjust fruit to the center of muffin. Lightly sprinkle top if desired with cinnamon/sugar mixture. Serve warm or room temperature
Makes 1 dozen upside down muffin biscuits

Cook's Note: If peaches are not available, use 1 fresh mango, peeled, halved, seeded, thinly sliced

Recipe by: Patsy Jamieson, *Eating Well Magazine*, May/June 1997

About the Recipe: What a wonderful way to celebrate your morning! These muffins can double for a sweet roll or breakfast biscuit. They are full of sweet spicy cinnamon flavor, and the juicy peach slices are covered with caramelized brown sugar, adding a delightful deliciousness. So yummy!