

# Irish Soda Bread Muffins

*Lorraine Ballsieper - Deep River, CT  
Taste of Home Annual Recipes 2021*

**Yield: 1 dozen muffins**

*2 1/4 cups all-purpose flour  
1/2 cup + one tablespoon  
sugar, divided  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/4 teaspoon baking soda  
1 teaspoon caraway seeds  
1 large egg, room  
temperature  
1 cup buttermilk  
1/4 cup butter, melted  
1/4 cup canola oil  
3/4 cup dried currants or  
raisins*

Preheat the oven to 400 degrees.

In a large bowl, combine the flour, 1/2 cup of sugar, baking powder, salt, baking soda and caraway seeds.

In another bowl, beat the egg, buttermilk, butter and oil. Stir into the dry ingredients just until moistened. Fold in the currants.

Fill twelve greased muffin cups three-fourths full. Sprinkle with the remaining sugar.

Bake for 15 minutes or until a toothpick inserted in the center comes out clean.

Cool for 5 minutes before removing from the pan to a wire rack. Serve warm.

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Per Serving (excluding unknown items): 2484 Calories; 111g Fat (39.9% calories from fat); 44g Protein; 330g Carbohydrate; 8g Dietary Fiber; 345mg Cholesterol; 3158mg Sodium. Exchanges: 14 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1 Non-Fat Milk; 21 Fat; 7 Other Carbohydrates.