

# Pistachio-Chai Muffins

## Ingredients

- 7.9 ounces all-purpose flour (about 1 3/4 cups)
- 1/2 cup packed brown sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 chai blend tea bags, opened
- 1 cup low-fat buttermilk
- 1/4 cup butter, melted
- 1 1/2 teaspoons vanilla extract, divided
- 1 large egg, lightly beaten
- Cooking spray
- 1/3 cup shelled dry-roasted pistachios, chopped
- 1/2 cup powdered sugar
- 1 tablespoon water

## Preparation

1. Preheat oven to 375°.
2. Combine flour, brown sugar, baking powder, baking soda and salt in a large bowl, stirring with a whisk. Cut open tea bags; add tea to flour mixture, stirring well. In a separate bowl combine buttermilk, butter, 1 teaspoon vanilla, and the egg in a bowl, stirring well with a whisk. Add buttermilk mixture to flour mixture, stirring just until moist.



3. Place 12 muffin-cup liners in muffin cups; coat liners with cooking spray. Divide batter evenly among prepared muffin cups. Sprinkle nuts evenly over batter. Bake at 375° for 15 minutes or until a wooden pick inserted in center comes out clean. Cool for 5 minutes in pan on a wire rack.
4. Combine remaining 1/2 teaspoon vanilla, 1/2 cup powdered sugar, and 1 tablespoon water, stirring until smooth. Drizzle evenly over muffins.

Source: Maureen Callahan, ***Cooking Light***

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<http://www.myrecipes.com/recipe/pistachio-chai-muffins-50400000111987/>