Egg Yolk Muffins: Protein-Packed Sweet Treat

Rich and fluffy cakes with a golden crown for a morning boost



PREP	COOK	TOTAL	SERVES	CALORIES
10 min	18 min	33 min	6 muffins	245 kcal

Ingredients

- 4 egg yolks
- 1/4 cup unsalted butter, melted
- 1/2 cup whole milk
- 1/3 cup granulated sugar
- 1 teaspoon vanilla extract
- 1/2 cup all-purpose flour
- 1/2 teaspoon baking powder
- salt, pinch
- 1/4 cup semi-sweet chocolate chips, optional

Instructions

1. Prepare the oven: Preheat your oven to 180°C (350°F). Line a 6-cup muffin tin with paper liners or spray them with oil. This ensures the muffins release easily without sticking to the sides.
2. Melt the butter: Heat the butter in a small saucepan over low heat until liquid. Remove it from the heat and let it cool to a warm colour. You must cool the butter to avoid overheating the egg yolks.
3. Mix the wet ingredients: Whisk the egg yolks in a bowl until they turn slightly pale. Slowly pour in the melted butter, then whisk in the milk, vanilla, and sugar. Continue until the mixture is well combined.
4. Sift the dry ingredients: Sift the flour, baking powder, and salt into a separate bowl. Sifting ensures the leavening agent is evenly distributed. This prevents clumps and helps the muffins rise uniformly.
5. Combine the batter: Gradually fold the dry mixture into the wet batter. Stir gently but thoroughly. You must avoid overmixing to prevent the muffins from becoming tough.

6. Add chocolate chips: Fold in the chocolate chips if you are using them. Fill each muffin cup about 2/3 full. Press a few extra chips onto the surface for a swirl effect.
7. Bake the muffins: Bake for 18–20 minutes until the tops are golden. Insert a toothpick into the centre to ensure it comes out clean. Avoid overbaking to keep the interior moist.
8. Cool and serve: Let the muffins sit in the tin for 5 minutes. Transfer them to a wire rack to cool completely. This brief rest allows the structure to set before moving them.

Notes

What to serve with itPair these muffins with fresh berries or sliced banana to add natural fibre and sweetness. You can also serve them with a dollop of Greek yogurt for extra creaminess. For a more indulgent finish, drizzle a thin layer of maple syrup or honey over the tops before serving.

Storing and reheatingStore muffins in an airtight container at room temperature for 2 days. Use parchment paper to prevent them from absorbing odors. For longer storage, freeze them in a sealed bag for 3 months. Thaw them overnight in the refrigerator or microwave on low for 30 to 45 seconds.

Sweet or savouryYou can adapt this batter for a savoury profile. Replace the sugar with 60g (1/4 cup) of grated Parmesan. Add 120ml (1/2 cup) of chopped spinach, 60g (1/4 cup) of crumbled feta, and a pinch of dried oregano to create a briny, cheese-rich breakfast treat.

Getting the texture rightSift the flour and baking powder together to ensure the leavening agent is evenly distributed. Fold the dry ingredients into the wet batter gently. Do not overmix the batter because stirring too much develops the gluten, which makes the muffins tough rather than soft and fluffy.