

MUFFINS



1. Preheat oven to 400°. Fill 12 muffin tins with paper liners.

*****CHECK FOR INGREDIENT CHOICES TO BEGIN**

2. Sift together in a large mixing bowl:

1 $\frac{3}{4}$ cup flour

$\frac{1}{2}$ cup sugar

2 tsp. baking powder

3. Put in medium size mixing bowl(or large measuring cup)and mix:

$\frac{3}{4}$ cup milk

$\frac{1}{4}$ cup vegetable oil

1 egg, slightly beaten

4. Make a well in the flour mixture. Add wet mixture all at once. Use a rubber spatula and stir until dry ingredients are moistened. (Batter should be lumpy. **DO NOT OVERMIX.**)

5. Use 2 tablespoons (silverware) to fill muffin tins 2/3 full.

6. Bake for 20-25 minutes until muffins are golden brown.

***** Banana muffins:** Prepare as above, except reduce milk to $\frac{1}{2}$ cup. Add $\frac{3}{4}$ c. mashed banana (**2 bananas**) and $\frac{1}{2}$ c. nuts or chocolate chips to flour mixture (nuts optional). **Do not use paper baking liners.** Use cooking spray.

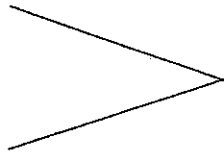
Chocolate Chip: Add $\frac{1}{2}$ c. chocolate chips to the dry ingredients. It is best of use miniature chocolate chips.

Pumpkin muffins: Prepare as above, except add 1 tsp. ground cinnamon, $\frac{1}{2}$ tsp. ground nutmeg, and $\frac{1}{8}$ tsp. ground cloves to flour mixture. Add $\frac{1}{2}$ c. canned pumpkin to egg mixture. Stir $\frac{1}{4}$ c. nuts or raisins into batter (optional). **Do not use paper baking liners.** Use cooking spray.

Blueberry: Leave berries in freezer until last minute. Use 1 T. flour from the 1 $\frac{3}{4}$ c. to coat berries and stir before filling muffin tins. If using fresh blueberries, wash them and remove any stems, then add an additional $\frac{1}{4}$ cup sugar.

Streusel Top Muffins

1/3 cup brown sugar
3 Tbs. flour
1 tsp. cinnamon
1 Tbs. melted butter



Streusel Topping

1 3/4 cup sifted flour
1/4 c. sugar
2 1/2 teaspoons baking powder
1/2 teaspoons salt
1 egg
3/4 cup skim milk
1/3 cup melted butter

1. **Heat** oven to 400*, **Line** muffin tins
2. **Combine** brown sugar, 3 Tbs. flour, 1Tbs melted butter, and cinnamon in small bowl. Set aside.
3. **Combine** remaining flour, baking powder, sugar, and salt in large mixing bowl (dry ingredients). Set aside.
4. **Beat** egg in small bowl
5. **Add** milk and 1/3 cup melted butter to the beaten egg and mix well.
6. **Make** a well in the center of the dry ingredients.
7. **Pour** the liquid mixture all at once into the center of the dry ingredients.
8. **Stir** until the ingredients are just moistened. Batter will be lumpy.
9. **Spoon** batter into the muffin cups until they are 2/3 full.
10. **Sprinkle** topping over muffins.
11. **Bake** 20 min. Test with toothpick

Whole Wheat Pumpkin-Applesauce Muffins

Cook Time: 15 -20 Minutes

Servings: 12

INGREDIENTS:

1 cup whole wheat flour	1/4 cup canola oil
1 cup all-purpose flour	1/2 cup applesauce
1 teaspoon baking powder	1/2 cup canned pumpkin
1/4 teaspoon baking soda	1/3 cup buttermilk
1 teaspoon salt	2 eggs, slightly beaten
2 teaspoons pumpkin pie spice	1/4 cup raisins (optional)
2/3 cup brown sugar, packed	
1/3 cup white sugar	

DIRECTIONS:

1. Preheat an oven to 400 degrees F (200 degrees C). Grease 12 muffin cups, or line the cups with paper muffin liners.
2. Whisk together the flour, baking powder, baking soda, salt and pumpkin pie spice; set aside. Combine the brown sugar, white sugar, oil, applesauce, pumpkin, buttermilk, and beaten eggs and mix until well blended. Pour the pumpkin mixture into the dry ingredients and stir until combined. Fold in the raisins if desired.
3. Divide the batter evenly in the prepared muffin pan. Bake in the preheated oven until the tops spring back when lightly pressed, 15 to 20 minutes, or until a toothpick inserted in the center comes out clean. Cool the muffin pan on a wire rack for 5 minutes before removing the muffins from the pan.

CREAM CHEESE AND PUMPKIN MUFFINS



INGREDIENTS: Muffins

Heat oven to 400*

2 eggs beaten

½ c. canned pumpkin

½ c. milk

¼ c. vegetable oil

1 ½ c. flour

1/3 c. sugar

3 tsp. baking powder

1 ¼ tsp. cinnamon

½ tsp. salt

¼ tsp. nutmeg

INGREDIENTS: Filling

3 ounces cream cheese

1 Tbs. milk

1 Tbs. confectionary sugar

1. In large mixing bowl, combine wet ingredients (eggs, pumpkin, milk, and oil).
2. In second bowl, combine dry ingredients (flour, sugar, baking powder, cinnamon, salt, and nutmeg)
3. Mix the dry ingredients into the wet ingredients and stir until just combined. It is OK if the batter appears slightly lumpy.
4. In separate bowl, mix until smooth, cream cheese, sugar, and milk.
5. Fill muffin cups half way, place about 1 tsp. of filling on each, then fill the cups with remaining batter.

Bake for 22 min. or until light brown.

Yield 12 muffins

Oatmeal Cinnamon Muffins

1 1/3 c. flour
3/4 c. oats
1/3 c. brown sugar
2 tsp. baking powder
1/4 tsp. salt
1/4 tsp. cinnamon
1 egg
3/4 c. milk
1/4 c. oil
1/4 c. raisins, craisins, or chips (optional)



Preheat oven to 400*

In large mixing bowl, put flour, oats, brown sugar, baking powder, salt, and cinnamon. Stir with wooden spoon and set aside.

Crack egg into small bowl, add milk and oil. Mix well.

Add the egg mixture to the flour mixture, stir with wooden spoon till the dry ingredients are wet. The batter will be lumpy.

Fill each muffin cup about 2/3 full. Bake for 20 minutes. Remove from oven with pot holders. Cool about 5 minutes. Serve and enjoy.

