



*Muffins,
Muffins,
Muffins!*

Recipe Book

*Muffins,
Muffins,
Muffins!*
Recipe Book

TABLE OF CONTENTS

BANANA CRUMB	7
LEMON POPPY SEED	8
CHOCOLATE CHOCOLATE-CHIP.....	9
CHOCOLATE CHEESECAKE.....	10
PUMPKIN	11
COFFEE CAKE	12
STREUSEL TOPPED BLUEBERRY.....	13
CHOCOLATE CHIP.....	14
APPLE CINNAMON.....	15
CORN BREAD.....	16
GLOSSARY.....	18



BANANA CRUMB MUFFINS

INGREDIENTS:

1 1/2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt
3 bananas, mashed
3/4 cup white sugar
1 egg, lightly beaten
1/3 cup butter, melted
1/3 cup packed brown sugar
2 tablespoons all-purpose flour
1/8 teaspoon ground cinnamon
1 tablespoon butter

Cooks 12 Muffins

TOTAL TIME: 35 MIN

PREP TIME: 15 MIN

COOK TIME: 20 MIN

NUTRITIONAL INFORMATION

Amount Per Serving

Calories: 263

Total Fat: 8.1g

Cholesterol: 40mg



DIRECTIONS:

Preheat oven to 375 degrees F. Lightly grease 12 muffin cups, or line with muffin papers.

In a large bowl, mix together 1 1/2 cups flour, baking soda, baking powder and salt. In another bowl, beat together bananas, sugar, egg and melted butter. Stir the banana mixture into the flour mixture just until moistened. Spoon batter into prepared muffin cups.

In a small bowl, mix together brown sugar, 2 tablespoons flour and cinnamon. Cut in 1 tablespoon butter until mixture resembles coarse cornmeal. Sprinkle topping over muffins.

Bake in preheated oven for 18 to 20 minutes, until a toothpick inserted into center of a muffin comes out clean.

Add a 3/4 cup of chocolate chips or nuts to the batter for banana chocolate chip muffins or banana nut muffins



LEMON POPPY SEED MUFFIN

INGREDIENTS:

2 cups unbleached all-purpose flour
2 teaspoons baking powder
 $\frac{1}{4}$ teaspoon fine salt
 $\frac{1}{2}$ cup unsalted butter, *at room temperature, plus more for greasing the pan*
1 teaspoon finely grated lemon zest
 $\frac{2}{3}$ cup granulated sugar, plus up to 1 tablespoon for topping the muffins, *if desired*
2 large eggs, at room temperature
4 teaspoons poppy seeds
 $\frac{1}{2}$ cup milk

Cooks 12 Muffins

TOTAL TIME: 45 MIN
PREP TIME: 20 MIN
COOK TIME: 25 MIN

NUTRITIONAL INFORMATION

Amount Per Serving
Calories 400
Total Fat 2.0 g
Cholesterol 0.0 mg



DIRECTIONS:

Preheat the oven to 375 degrees F. Lightly brush a 12-cup muffin tin with butter and set aside. Sift the flour, baking powder, and salt into a medium bowl and set aside.

In a standing mixer fitted with the paddle attachment, or with an electric hand-held mixer in a large bowl, cream the butter, zest, and $\frac{2}{3}$ cup sugar until light and fluffy, about 2 minutes. Scrape down the sides of the bowl with a rubber spatula. Add the eggs, one at a time, beating well after each addition. Remove the bowl from the mixer. Stir in the poppy seeds.

Fold the flour in 3 parts into the butter mixture, alternating with the milk in 2 parts, until just combined. Take care not to overmix the batter. Divide the batter evenly into the muffin tin and sprinkle the tops with sugar. Bake until golden brown, about 25 minutes. Cool muffins in the pan on a rack. Serve warm.

Add glaze on the tops of the muffins after they cool for a added sweet treat!

Glaze

2 Tbsp fresh lemon juice
1 cup confectioner's sugar (powdered sugar)
Heat on stove

Cook's Note:
Poppy seeds can go rancid easily and should be stored in the refrigerator or freezer.



CHOCOLATE CHOCOLATE-CHIP MUFFINS

INGREDIENTS

1 $\frac{3}{4}$ cups all-purpose flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon baking soda
2 tablespoons best quality
cocoa powder
 $\frac{3}{4}$ cup superfine sugar
 $\frac{3}{4}$ cup semisweet chocolate
chips, plus $\frac{1}{4}$ cup for
sprinkling
1 cup milk
 $\frac{1}{3}$ cup plus 2 teaspoons
vegetable oil
1 egg
1 teaspoon pure vanilla
extract

Cooks 12 Muffins

TOTAL TIME: 35 MIN

PREP TIME: 15 MIN

COOK TIME: 20 MIN

NUTRITIONAL INFORMATION

Amount Per Serving

Calories: 224

Total Fat: 10.3g

Cholesterol: 32mg



DIRECTIONS

Preheat the oven to 400 degrees F.

Put the flour, baking powder, baking soda, cocoa, sugar, and $\frac{3}{4}$ cup of the chocolate chips into a large bowl. Pour all the liquid ingredients into a measuring jug.

Mix the dry and wet ingredients together, remembering that a lumpy batter makes the best muffins. Spoon into the prepared muffin cases.

Sprinkle the remaining $\frac{1}{4}$ cup chocolate chips on top and then bake for 20 minutes or until the muffins are dark, risen and springy.



CHOCOLATE CHEESECAKE MUFFINS

INGREDIENTS:

4 1/2 ounces cream cheese,
softened
3 tablespoons sugar
1 1/2 cups flour
3/4 cup sugar
4 1/2 tablespoons cocoa
powder
3 teaspoons baking powder
3/4 teaspoon salt
1 1/2 egg, beaten
1 1/8 cups milk
1/2 cup oil

Cooks 12 Muffins

TOTAL TIME: 35 MINS

PREP TIME: 15 MINS

COOK TIME: 20 MINS

NUTRITIONAL INFORMATION

Amount Per Serving

Calories 263.8

Total Fat 14.6 g

Cholesterol 41.3 mg



DIRECTIONS:

Preheat the oven to 375F degrees.

In a small bowl, beat cream cheese and 2 tablespoons of sugar until light and fluffy. Set aside.

In a large bowl, stir together flour, 1/2 cup sugar, cocoa, baking powder and salt.

In another bowl combine egg, milk and oil. Combine with all dry ingredients stirring just until moistened. *batter should be lumpy*

Spoon about 2 tablespoons of batter into each greased muffin tray.

Drop 1 teaspoon of cream cheese mixture on top and then more of the chocolate batter.

Bake for 20 minutes.



PUMPKIN MUFFINS

INGREDIENTS:

1½ cups all-purpose flour
1 teaspoon baking powder
1 cup canned solid-pack
pumpkin *from a 15-oz
can*
⅓ cup vegetable oil
2 large eggs
1 teaspoon pumpkin-pie
spice *a combo of cinnamon,
nutmeg, cloves, ginger, and
allspice*
1¼ cups plus 1 tablespoon
sugar
½ teaspoon baking soda
½ teaspoon salt
1 teaspoon cinnamon

Cooks 12 muffins

TOTAL TIME: 45 MIN

PREP TIME: 15 MIN

COOK TIME: 30 MIN

NUTRITIONAL INFORMATION

Amount Per Serving

Calories: 175

Total Fat: 0.6g

Cholesterol: 9mg



DIRECTIONS:

Put oven rack in middle position and preheat oven to 350F.
Put liners in muffin cups.

Whisk together flour and baking powder in a small bowl.
Whisk together pumpkin, oil, eggs, pumpkin-pie spice,
1¼ cups sugar, baking soda, and salt in a large bowl until
smooth, then whisk in flour mixture until just combined.
Stir together cinnamon and remaining 1 tablespoon sugar in
another bowl.

Divide batter among muffin cups *each should be about ¾
full*, then sprinkle tops with cinnamon-sugar mixture.

Bake until puffed and golden brown and a wooden pick or
skewer inserted into center of a muffin comes out clean, 25
to 30 minutes. Cool in pan on a rack 5 minutes, then transfer
muffins from pan to rack and cool to warm or room
temperature.



COFFEE CAKE MUFFINS

INGREDIENTS:

2 1/2 tablespoons butter
1/2 cups sugar
1 small egg
1/2 cup cream or milk
1/2 teaspoon vanilla
1 cup flour
1/4 teaspoon salt
1 teaspoon baking powder
2 teaspoon sugar
2 teaspoon brown sugar

Cooks 12 muffins

TOTAL TIME:30 MIN
PREP TIME:10 MIN
COOK TIME:20 MIN

NUTRITIONAL INFORMATION

Amount Per Serving
Calories 229
Total Fat 10.3 g
Cholesterol 24.1 mg



DIRECTIONS:

Preheat oven to 350 degrees.

Cream butter and sugar. Add egg, cream or milk, and vanilla.

In a measuring cup, mix flour, salt and baking powder. Add to butter-sugar mixture and blend well.

Grease 6 muffin tins. Fill each halfway with batter. Sprinkle with mixture of 2 teaspoons of sugar and brown sugar. Top with more butter. *Don't fill muffin tins to top*

Bake 30 minutes. Let rest 1 minute before unmolding.



STREUSEL TOPPED BLUEBERRY MUFFINS

INGREDIENTS:

2 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1 1/2 tablespoons all-purpose flour
1 1/2 cups fresh blueberries
1/2 cup butter
3/4 cup white sugar
2 eggs
1 teaspoon vanilla extract
1/4 teaspoon lemon zest
1/2 cup milk
2 tablespoons all-purpose flour
5 tablespoons white sugar
1/2 teaspoon ground cinnamon
2 tablespoons butter, diced

Cooks 12 muffins

TOTAL TIME: 45 MIN

PREP TIME: 20 MIN

COOK TIME: 25 MIN

NUTRITIONAL INFORMATION

Amount Per Serving

Calories 266

Total Fat 10.9 g

Cholesterol 61 mg



DIRECTIONS:

Preheat oven to 375 degrees F. Grease 12 muffin cups or line with paper muffin liners.

Combine 2 cups flour, 2 teaspoons baking powder, and 1/2 teaspoon salt in medium bowl. In a small bowl, sprinkle 1 to 2 tablespoons flour over blueberries, and set aside. *This simple trick will keep you from having “purple” batter.* In a large bowl, beat 1/2 cup butter with 3/4 cup sugar until light and fluffy. Beat in eggs, and stir in vanilla and lemon zest. Fold in dry ingredients alternately with milk. Fold in blueberries. Remember, fold gently, don't stir. Spoon batter into prepared cups.

Combine 2 tablespoons flour, 5 tablespoons sugar, and 1/2 teaspoon cinnamon in a small bowl. Cut in 2 tablespoons butter with fork or pastry blender until mixture resembles coarse crumbs. Sprinkle over batter in muffin cups. Bake in the preheated oven for 20 to 25 minutes, or until a toothpick inserted in center of a muffin comes out clean. Cool in pans on wire rack.

These muffins freeze really well, and re-heat in the microwave successfully!



CHOCOLATE CHIP MUFFINS

INGREDIENTS:

2 cups all-purpose flour
1/2 cup white sugar
3 teaspoons baking powder
1/2 teaspoon salt
3/4 cup milk
1/3 cup vegetable oil
1 egg
3/4 cup mini semi-sweet
chocolate chips
3 tablespoons white sugar
2 tablespoons brown sugar

Cooks 12 muffins

TOTAL TIME: 25 MINS

PREP TIME: 5 MINS

COOK TIME: 20 MINS

NUTRITIONAL INFORMATION

Amount Per Serving

Calories: 249

Total Fat: 10.3g

Cholesterol: 19mg



DIRECTIONS:

Heat oven to 400 degrees F. Grease bottoms only of 12 muffin cups or line with baking cups.

In a medium bowl, combine flour, 1/2 cup sugar, baking powder, chocolate chips, and salt; mix well. In a small bowl, combine milk, oil and egg; blend well. Add dry ingredients all at once; stir just until dry ingredients are moistened *batter will be lumpy.*

Fill cups 2/3 full. Sprinkle tops of muffins before baking with a combination of 3 tablespoons sugar and 2 tablespoon brown sugar.

Bake for 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 1 minute before removing from pan. Serve warm.



APPLE CINNAMON MUFFINS

INGREDIENTS:

1 1/2 cups all-purpose flour
3/4 cup white sugar
1/2 teaspoon salt
2 teaspoons baking powder
1 teaspoon ground cinnamon
1/3 cup vegetable oil
1 egg
1/3 cup milk
2 apples - peeled, cored and chopped
1/2 cup white sugar
1/3 cup all-purpose flour
1/2 cup butter, cubed
1 1/2 teaspoons ground cinnamon

Cooks 12 muffins

TOTAL TIME:40 MIN

PREP TIME:20 MIN

COOK TIME:25 MIN

NUTRITIONAL INFORMATION

Amount Per Serving

Calories: 588

Total Fat: 29g

Cholesterol: 77mg



DIRECTIONS:

Preheat oven to 400 degrees F. Grease six muffin cups or line with paper muffin liners.

Stir together 1 1/2 cup flour, 3/4 cup sugar, salt, baking powder and 1 teaspoon cinnamon. Mix in oil, egg and milk. Fold in apples. Spoon batter into prepared muffin cups, filling to the top of the cup.

In a small bowl, stir together 1/2 cup sugar, 1/3 cup flour, butter and 1 1/2 teaspoons cinnamon. Mix together with fork and sprinkle over unbaked muffins.

Bake in preheated oven for 20 to 25 minutes, until a toothpick inserted into center of a muffin comes out clean.



CORN BREAD MUFFINS

INGREDIENTS:

1/2 cup butter, softened
2/3 cup white sugar
1/4 cup honey
2 eggs
1/2 teaspoon salt
1 1/2 cups all-purpose flour
3/4 cup cornmeal
1/2 teaspoon baking powder
1/2 cup milk
3/4 cup frozen corn kernels,
thawed

Cooks 12 muffins

TOTAL TIME: 35 MIN

PREP TIME: 10 MIN

COOK TIME: 25 MIN



DIRECTIONS:

Preheat oven to 400 degrees. Grease or line 12 muffin cups.

In a large bowl, cream together butter, sugar, honey, eggs and salt. Mix in flour, cornmeal and baking powder; blend thoroughly. Stir in milk and corn. Pour or spoon batter into prepared muffin cups.

Bake in preheated oven for 20 to 25 minutes, or until a toothpick inserted into center of a muffin comes out clean.

NUTRITIONAL INFORMATION

Amount Per Serving

Calories: 243

Total Fat: 9.2g

Cholesterol: 56mg





GLOSSARY

US Fluid Volume					
	Teaspoon	Tablespoon	Fluid Ounces	Cups	Quarts
1 Teaspoon	1	$\frac{1}{3}$	$\frac{1}{6}$	1	$\frac{1}{192}$
1 Tablespoon	3	1	$\frac{1}{2}$	$\frac{1}{16}$	$\frac{1}{64}$
1 Fluid Ounce	6	2	1	$\frac{1}{8}$	$\frac{1}{32}$
1 Cup	48	16	8	1	$\frac{1}{4}$
1 Fluid Pint	96	32	16	2	$\frac{1}{2}$



