



muffins



• MUFFINS •

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• HELPFUL HINTS •

Substitutions we found useful

- Replace buttermilk by souring 1 cup milk with 1 tablespoon lemon juice or white vinegar.
- Buttermilk and sour cream are interchangeable.
- Egg substitutes can be used in place of eggs. The package will state equivalents. Eggs and egg substitutes should be used at or close to room temperature.
- Interchange ingredients, e.g., apricots for peaches, dried cranberries for dried cherries, honey for ½ the molasses, light brown sugar for dark brown sugar (the difference is the amount of molasses mixed with sugar).
- For cream-style corn, substitute whole kernel corn plus ½ cup milk, buttermilk, or plain yogurt. Add a pinch of baking soda.
- For fewer calories, use vegetable spray on pans.
- Using oil in place of shortening in equal amounts is a matter of preference. With all the hoopla about trans fats, we generally substitute oil in most of our baking.
- Decreasing or omitting salt in recipes is okay. Salt is a flavor enhancer, but isn't always healthy.
- Sugar substitutes can replace equal amounts of granulated sugar, however, we have found that using equal amounts makes muffins too sweet, so we cut the amount by ⅓. Baked products won't brown as well with sugar substitutes.

- Oats and quick oats can be interchanged. Old-fashioned or steel-cut oats may make the muffin grainier.
- Using more mashed ripe bananas in a recipe than called for is okay without changing the end result too much. Muffins will be moister and heavier. Ripe bananas can be frozen until ready to use. When slightly thawed, they are easy to remove from the peel.
- Make an oat-bran substitute by pulsing regular oats in a food processor until finely ground.
- Muffin recipe batter can be baked in loaf pans to make quick bread if desired. A longer baking time is required.
- Tasty additions to sweet muffins include baking chips, fruits, dried



- fruits, nuts, extracts or liqueurs, and spices.
- Flavorful additions to savory muffins include hard cheeses, mustards, herbs, hot pepper sauce, Worcestershire sauce, chopped vegetables, nuts, or seeds.

Baking tips

- Preheating the oven is necessary for muffins to rise properly.
- Muffin tins come in a variety of sizes. Adjust baking time accordingly.
- If one or two muffin cups are not filled with batter, fill the empty cups ½ full with water for more even baking.
- Paper liners can be used rather than spraying cups with nonstick cooking spray.
- Muffin cups filled ⅔ full will have a flatter top; muffin cups filled ¾ full will be more rounded and require slightly more baking time.



• BANANA BRAN •

MAKES 12 MUFFINS

Do you always have one banana that overripens before you can eat it? Freeze it each time, and when you have enough for a recipe, thaw and bake something yummy. Try serving these muffins with slices of fresh banana for an extra pop of flavor.

1 1/3 cups All-Bran cereal
1 cup mashed banana
6 tablespoons canola oil
1/3 cup honey
1/4 cup molasses
1 egg, room temperature
1 teaspoon fresh lemon juice
1 cup plus 2 tablespoons flour
1 1/4 teaspoons baking powder
1/2 teaspoon cinnamon
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup chopped dates, optional

Preheat oven to 400 degrees F. Spray muffin cups with nonstick cooking spray.

Mix cereal, banana, oil, honey, molasses, egg, and lemon juice in medium bowl.

Combine flour, baking powder, cinnamon, baking soda, and salt in large bowl. Stir in dates if using.

Make a well in the center of the dry ingredients. Add banana mixture to well and stir until just blended. The batter will be lumpy.

Fill muffin cups 3/4 full. Bake for 15-20 minutes. Cool for 5 minutes and remove from pan.



CHEERY CHERRY

MAKES 12 MUFFINS

For a different cherry flavor, substitute chopped fresh cherries or dried cherries. Cherry lovers won't stop at just one muffin.

2 cups flour
1/3 cup sugar
1/3 cup quartered
maraschino cherries
1 tablespoon baking powder
1/2 teaspoon salt
3/4 cup buttermilk
1/4 cup canola oil
4 tablespoons cherry juice
1 egg, beaten
1 teaspoon almond extract

Topping

4 tablespoons finely
chopped almonds
3 tablespoons sugar

Preheat oven to 350 degrees F. Spray muffin cups with nonstick cooking spray.

In large mixing bowl, combine flour, sugar, cherries, baking powder, and salt.

In another bowl, mix buttermilk, oil, cherry juice, egg, and almond extract.

Make a well in dry ingredients and stir in liquid just to moisten.

Fill muffin cups 2/3 full.

For the topping, combine almonds and sugar, and sprinkle over batter. Bake for 20-25 minutes.

Note Cool 10 minutes before removing from muffin cups.



• BACON, CHIVE & CORN •

MAKES 12 MUFFINS

These muffins make a tasty addition to a hot bowl of bean soup on a cold winter night, and they are a true “Queen of Easy” recipe!

1 package (14 ounces)
corn muffin mix
2 teaspoons snipped chives
Pinch of black pepper
6 slices bacon, crisp-cooked,
drained, and crumbled

Preheat oven to 400 degrees F. Spray muffin cups with nonstick cooking spray.

Prepare muffin mix according to package directions in large bowl. Fold in chives, pepper, and bacon.

Fill muffin cup $\frac{2}{3}$ full. Bake for 15–17 minutes. Cool for 5 minutes and remove from pan.



• SPICY CHOCOLATE •

MAKES 12 MUFFINS

Blending chili, cinnamon, and chocolate together gives this muffin an unusual flair.

2 cups flour
½ cup sugar
½ cup firmly packed brown sugar
¼ cup cocoa powder
2 teaspoons baking powder
1 teaspoon instant coffee
1 teaspoon chili powder
¾ teaspoon cinnamon
2 eggs
1 cup milk
1 tablespoon vinegar
⅓ cup butter, melted
1 teaspoon vanilla

Topping

3 tablespoons sugar
1 ½ teaspoons chili powder

Preheat oven to 400 degrees F. Spray muffin cups with nonstick cooking spray.

In large bowl, combine flour, sugars, cocoa, baking powder, instant coffee, chili powder, and cinnamon.

In medium bowl, whisk eggs, milk, vinegar, butter, and vanilla until blended. Stir into dry ingredients just until moistened. Fill muffin cups ¾ full.

For topping, combine sugar and chili powder in small bowl. Sprinkle topping mixture on batter in muffin cups.

Bake for 15–20 minutes. Cool for 5 minutes and remove from pan.