Muffins, Muffins, Muffins!
Recipe Book
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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

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

NUTRITIONAL INFORMATION

Amount Per Serving
Calories: 263
Total Fat: 8.1g
Cholesterol: 40mg
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

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

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.

NUTRITIONAL INFORMATION
Amount Per Serving
Calories 400
Total Fat 2.0 g
Cholesterol 0.0 mg
CHOCOLATE CHOCOLATE-CHIP MUFFINS

INGREDIENTS

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

Cooks 12 Muffins

DIRECTIONS

Preheat the oven to 400 degrees F.

Put the flour, baking powder, baking soda, cocoa, sugar, and 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 1/4 cup chocolate chips on top and then bake for 20 minutes or until the muffins are dark, risen and springy.

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
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

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.

NUTRITIONAL INFORMATION

Amount Per Serving
Calories 263.8
Total Fat 14.6 g
Cholesterol 41.3 mg
PUMPKIN MUFFINS

INGREDIENTS:

1 1/2 cups all-purpose flour  
1 teaspoon baking powder  
1 cup canned solid-pack pumpkin from a 15-oz can  
1/3 cup vegetable oil  
2 large eggs  
1 teaspoon pumpkin-pie spice a combo of cinnamon, nutmeg, cloves, ginger, and allspice  
1 1/4 cups plus 1 tablespoon sugar  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 teaspoon cinnamon

Cooks 12 muffins

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,  
1 1/4 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 3/4 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.

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
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

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 butter. 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.

NUTRITIONAL INFORMATION

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

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.

NUTRITIONAL INFORMATION

Amount Per Serving
Calories: 249
Total Fat: 10.3g
Cholesterol: 19mg
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

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