

mad about muffins

This compilation includes sweet and savory recipes collected
by Janel Kassing, District 7 Director.



BREAKFAST WILL NEVER BE BORING WITH THIS BASIC MIX AND ITS ADD-IN VARIATIONS



BANANA MUFFINS

1 cup mashed
ripe bananas
(about 2 medium)



BLUEBERRY MUFFINS

1 cup fresh or
frozen blueberries



CRANBERRY-PECAN MUFFINS

1 cup chopped fresh
or frozen cranberries
1/2 cup chopped
Pecans, 3 tbsp. sugar



RHUBARB-ORANGE MUFFINS

3/4 cup diced
fresh or frozen
rhubarb, 1/3 cup
orange marmalade



CAPPUCCINO MUFFINS

1 cup miniature
semi-sweet
chocolate chips,
2 tsp., Instant coffee
granules



APRICOT-CHERRY MUFFINS

1/2 cup chopped
dried apricots,
1/2 cup dried
cherries



APPLE-CHEESE MUFFINS

1/2 cup shredded
Apple, 1/2 cup
Shredded Colby
Monterey Jack
Cheese



CARROT-RAISIN MUFFINS

3/4 cup shredded
carrots, 1/3 cup
golden raisins

ALL-STAR MUFFIN MIX

Prep/Total Time: 30 min.

Yield 4 batches (11 cups):

1 doz. per batch

Nancy Mackey-Madison, OH

"I like to keep this mix in a handy place, like the pantry or cupboard, so I can mix up muffins quickly for dinner or if a friend is stopping by for coffee."

8 cups all-purpose flour

3 cups sugar

3 Tbsp. baking powder

2 tsp. salt

2 tsp. ground cinnamon

2 tsp. ground nutmeg

ADDITIONAL INGREDIENTS

1 egg

1 cup 2% milk

1/2 cup butter, melted

In a large bowl, combine the first six ingredients. Store in airtight containers in a cool dry place or in the freezer for up to 6 months.

To prepare basic muffins: Place 2 3/4 cups muffin mix in a large bowl. Whisk the egg, milk and butter; stir into dry ingredients just until moistened. Fill paper-lined muffin cups three-fourths full. Bake at 400° for 18-21 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing to a wire rack. Serve warm.

For each of the following variations, add additional ingredients, fill muffin cups and bake as directed for basic muffins.

To prepare Banana Muffins: Place 2 3/4 cups of muffin mix in a large bowl. Whisk the egg, milk, butter and bananas; stir into dry ingredients just until moistened.

To prepare Blueberry Muffins; Place 2 3/4 cups muffin mix in a large bowl. Whisk the egg, milk and butter. Stir into dry ingredients just until moistened. Fold in blueberries.

To prepare Cranberry-Pecan

Muffins: In a large bowl, combine 2 3/4 cups muffin mix, cranberries, pecans and sugar. Whisk the egg, milk and butter; stir into dry ingredients just until moistened.

To prepare Rhubarb-Orange

Muffins: In a large bowl, combine 2 3/4 cups muffin mix, rhubarb and marmalade. Whisk egg, milk and butter; stir into dry ingredients just until moistened.

To prepare Cappuccino Muffins:

In a large bowl, combine 2 3/4 cups muffin mix, chocolate chips and coffee granules. Whisk the egg, milk and butter; stir into dry ingredients just until moistened.

To prepare Apricot-Cherry Muffins:

In a large bowl, combine 2 3/4 cups muffin mix, apricots and cherries. Whisk the egg, milk and butter; stir into dry ingredients just until moistened.

To prepare Apple-Cheese Muffins:

In a large bowl, combine 2 3/4 cups muffin mix, apple and cheese. Whisk egg, milk and butter; stir into ingredients just until moistened.

To prepare Carrot-Raisin Muffins:

In a large bowl, combine 2 3/4 cups muffin mix, carrots and raisins. Whisk the egg, milk and butter; stir into dry ingredients just until moistened.



Using mix, 25 cents cost per muffin on average.

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ORANGE PECAN MUFFINS

"The ladies in my church circle really enjoy the refreshing orange flavor of these moist muffins," comments Amelia Nowack, Peshtigo, Wisconsin. "We like all the raisins and crunchy pecans, too."

From Quick Cooking, Jan/Feb 1999

1 1/4 cups all-purpose flour
3/4 cup sugar
1 1/2 teaspoon baking soda
1 teaspoon salt
4 medium navel oranges
2 eggs, lightly beaten
1/2 cup vegetable oil
4 1/2 cups Raisin Bran cereal
1 cup chopped pecans

In a bowl, combine flour, sugar, baking soda and salt; set aside. Remove peel and white membrane from three oranges; cut all four oranges into eight wedges. Place in a blender or food processor; cover and process until pureed. Measure 2 cups of puree (discard the remaining puree or save for another use.

Add puree, eggs and oil to dry ingredients; stir just until moistened. Fold in cereal and pecans. Fill greased or paper-lined muffin cups three-fourths full. Bake at 375° for 20-25 minutes or until the muffins test done. **Yield:** about 1 1/2 dozen.

NUTMEG MUFFINS

A pretty brown sugar topping adds a pleasant sweetness to these tender breakfast treats from Sharon Evans of Rockwell, Iowa. "The nutmeg provides a nice change of pace from other muffins that are seasoned with cinnamon," she says.

From Quick Cooking Nov/Dec 1998

3 cups all-purpose flour, divided
1 1/2 cups packed brown sugar
1/2 cup cold butter or margarine
2 teaspoons baking powder
1 to 2 teaspoons ground nutmeg
1/2 teaspoon baking soda
1/2 teaspoon salt
2 eggs
1 cup buttermilk

In a bowl, combine 2 cups of flour and brown sugar; cut in butter until crumbly. Reserve 3/4 cup for topping. To the remaining crumb mixture, add the baking powder,

nutmeg, baking soda, salt and remaining flour. Combine eggs and buttermilk; add to crumb mixture just until moistened. Fill greased or paper-lined muffin cups two-thirds full. Sprinkle with reserved crumb mixture. Bake at 350° for 20-25 minutes or until muffins test done. Cool for 10 minutes; remove to a wire rack. **Yield:** 1 1/2 dozen

Tip:

- For more tender muffins, do not overmix the batter. Muffin batter should be lumpy.
- Muffins should go into the oven as soon as the batter is mixed, unless otherwise directed.
- If your muffin recipe does not fill all the cups in your muffin pan, fill the empty ones with water. The muffins will bake more evenly.
- To check if muffins are done, insert a toothpick in the center of one of them. If it comes out clean, the muffins are done.

From Sep/Oct 1998 - *Quick Cooking*

CRANBERRY MUFFINS

From Taste of Home— June/July 1998

1 cup fresh cranberries, quartered
8 tablespoons sugar, divided
1 3/4 cups all-purpose flour
2 1/2 teaspoons baking powder
1/4 teaspoon salt
1 egg
3/4 cup milk
1/3 cup vegetable oil
1 teaspoon grated lemon peel, optional
Cinnamon-sugar

Sprinkle the cranberries with 2 tablespoons of sugar; set aside. In a large bowl, combine flour, baking powder, salt and remaining sugar. In a small bowl, beat egg, milk and oil; stir into dry ingredients just until moistened. Fold in cranberries and lemon peel if desired. Fill greased muffin cups two-thirds full. Sprinkle with cinnamon-sugar. Bake at 400° for 18-22 minutes or until muffins test done. Cool for 10 minutes; remove from pan to a wire rack. **Yield:** 1 dozen. **Editor's Note:** This recipe was originally published in Country magazine (Feb/Mar '91). It is mentioned in this story but not pictured.

QUICK QUIP: Ever notice that the hardness of the butter increases with the softness of the bread?

Tips with Taste

Next time you bake sweet breads or muffins, try greasing and sugaring the pans instead of greasing and flouring. Everyone will love the hint of added sweetness.

If you like to freeze berries or rhubarb for future baking projects, try premeasuring the amounts called for in your favorite recipes. This easy planning allows you to quickly whip up sweet treats later without messy measuring of frozen ingredients.

*Compliments of the
Taste of Home
test kitchens*

"These are so much quicker and easier to make than traditional raised sticky buns," assures Dorothy Bateman of Carver, Massachusetts. "Everyone just loves them! They are great company muffins for a Sunday brunch."

From Premiere Issue - Quick Cooking

2 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon ground cinnamon
1/4 teaspoon salt
2 eggs
1 cup milk
1/4 cup vegetable oil
1/2 cup packed brown sugar
1 teaspoon vanilla extract
TOPPING:
1/4 cup butter or margarine, melted
1/4 cup packed brown sugar
1 cup chopped pecans

In a large bowl, combine flour, baking powder, cinnamon and salt. In another bowl, beat the eggs, milk, oil, sugar and vanilla until smooth. Stir into dry ingredients just until moistened. Into each greased muffin cup, spoon 1 teaspoon butter, 1 teaspoon brown sugar and 1 heaping tablespoon of pecans. Top each with 1/4 cup of batter. Bake at 350° for 25-30 minutes or until muffins test done. Invert pan onto a piece of foil. Let stand for 2 minutes; remove pan. Serve warm. **Yield: 1 dozen**

You get the chicken by hatching the egg, not by smashing it.



Kids Favor Fun Foods

FUN FOODS spark smiles from kids, whether they enjoy assembling them or just eating them. These clever projects are often very simple.

For example, Strawberry Muffin Cones are a delightful way to serve nutritious muffins. They're suggested by Barb Kietzer of Niles, Michigan, a retired teacher who makes this treat to share with neighborhood kids.

"Youngsters love the 'ice cream cone' look and ease of eating." Barb relates. "Adults who try them say snacking on these cones makes them feel like kids again!"

STRAWBERRY MUFFIN CONES

From Taste of Home - April/May 2000

2 cups all-purpose flour
1/2 cup sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
2 eggs
1 carton (6 oz.) strawberry yogurt
1/2 cup vegetable oil
1 cup chopped fresh strawberries
15 cake ice cream cones (about 3" tall)
1 cup (6 oz.) semisweet chocolate chips
1 tablespoon shortening
Colored sprinkles

In a large bowl, combine the first five ingredients. In another bowl, beat eggs, yogurt, oil and strawberries; stir into dry ingredients just until moistened. Place the ice cream cones in muffin cups; spoon about 3 tablespoon batter into each cone. Bake at 375° for 19-21 minutes or until

a toothpick inserted near the center comes out clean. Cool completely. In a saucepan over low heat, melt chocolate chips and shortening; stir until smooth. Dip muffin tops in chocolate; decorate with sprinkles.

Yield: 15 servings. **Editor's Note:** These muffin cones are best served the same day they're prepared. Muffins can be baked in paper liners instead of ice cream cones.

MORNING GLORY MUFFINS

Ready in 1 hour or less!

From Collector's Edition - Quick Cooking

"these moist muffins are chock-full of goodies like coconut, apple, pineapple, carrots and nuts," relates Evelyn Winchester of Hilton, New York. "They're delicious for breakfast or lunch. I get many requests for the recipe."

2 1/2 cups all-purpose flour
1 1/4 cups sugar
3 teaspoons ground cinnamon
2 teaspoons baking soda
1/2 teaspoon salt
3 eggs
3/4 cup applesauce
1/2 cup vegetable oil
1 teaspoon vanilla extract
2 cups grated carrots
1 medium tart apple, peeled and grated
1 can (8 oz.) crushed pineapple, drained
1/2 cup flaked coconut
1/2 cup raisins
1/2 cup chopped walnuts

In a large bowl, combine the first five ingredients. In another bowl, combine the eggs, applesauce, oil and vanilla. Stir into dry ingredients just until moistened (batter will be thick). Stir in carrots, apple, pineapple, coconut, raisins and nuts. Fill greased or paper-lined muffin cups two-thirds full.

Bake at 350° for 20-24 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks. **Yield:** 2 dozen.

FOOD FOR THOUGHT: Enthusiasm is the yeast that raises a lot of dough.

HARVEST APPLE MUFFINS

Serve a basket of these warm muffins for breakfast or with a steaming cup of tea.

From Everybody Cooks.

3/4 cup all-purpose flour
3/4 cup whole wheat flour
1/4 cup milled flax seed
1/2 cup sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 egg, slightly beaten
1/2 cup skim milk
3 tablespoons vegetable oil
1 1/2 cup finely chopped apples
1/2 cup golden raisins

In large bowl, combine flours, flax, sugar, baking powder, baking soda and salt. In medium bowl, combine egg, milk and oil. Stir into dry ingredients just until blended. Fold in apples and raisins (batter will be thick). Generously coat 12 muffin cups with no-stick cooking spray. Spoon into cups, filling two-thirds full. Bake in 400° F oven until top springs back when touched, about 13 minutes. Cool on wire racks. **Yield:** 12 muffins.

Per muffin: Calories 169; Cholesterol 18 mg; Fat 5 g; Sodium 228 mg; Carbohydrate 29 g.

QUICK MUFFINS

Ready in 1 hour or less.....

From Midwest City, Oklahoma, Mary Burrough pens, "Whether I go to a family event or a church bake sale, people expect me to bring these muffins."

From Quick Cooking, Mar/Apr 2004

1 package (18 1/4 oz.) yellow cake mix
1/2 cup butter or margarine, softened
2/3 cup water
3 eggs
1 can (8 oz.) crushed pineapple, drained
1 cup flaked coconut
1 cup chopped pecans
1 teaspoon rum extract
1 teaspoon coconut extract

In a mixing bowl, beat the cake mix and butter. Add the remaining ingredients. Fill greased or paper-lined muffin cups half full. Bake at 350° for 20-25 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks. **Yields:** 2 dozen

PEANUT BANANA MUFFINS

Ready in 45 minutes or less....

"Loaded with peanut butter chips and banana flavor, these tender muffins are my husband's favorite." writes Susanne Penner of Steinbach, Manitoba.

From *Quick Cooking*, Mar/Apr 2004

1 1/2 cups all-purpose flour
1/2 cup sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 egg
1/2 cup butter or margarine, melted
1 1/2 cups mashed ripe bananas
(about 3 medium)
3/4 cup peanut butter chips

In a bowl, combine the flour, sugar, baking powder, baking soda and salt. In another bowl, combine the egg, butter and bananas. Stir into dry ingredients just until moistened. Fold in chips. Fill greased or paper-lined muffin cups three-fourths full. Bake at 375° for 18-22 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack. **Yield:** 1 dozen

CHRISTMAS BANANA BREAD

"This bread is a pretty addition to the table during the holidays," says Phyllis Schmalz of Kansas City, Kansas. Cherries, walnuts and chocolate chips give fast festive flair to the loaf of moist banana bread.

1/2 cup butter margarine, softened
1 cup sugar
2 eggs
2 cups all-purpose flour
1 teaspoon baking soda
1/4 teaspoon salt
1 1/4 cups mashed ripe bananas (about 3 medium)
1/2 cup chopped walnuts
1/2 cup semisweet chocolate chips
1/4 cup chopped maraschino cherries

In a large bowl, cream butter and sugar. Add eggs, one at a time, beating well after each addition. Combine the flour, baking soda and salt; gradually add to creamed mixture. Beat in the bananas just until combined. Stir in the walnuts, chocolate chips and cherries.

Pour into a greased 9 " X 5" X 3" loaf pan.

Bake at 350° for 70-80 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pan to a wire rack.

Yield: 1 loaf **Nov/Dec 2003**

Kids of all ages will love these delicious peanutty treats from Ann Janis of Tucson, Arizona. Topped with your favorite jelly, the pretty muffins are sure to bring back childhood memories.

From *Taste of Home* - Dec/Jan 1997

2 cups all-purpose flour
1/2 cup sugar
1 tablespoon baking powder
1/2 teaspoon salt
1/2 cup peanut butter
3 tablespoons cold butter or margarine,
divided

2 eggs
1 cup milk
Cinnamon-sugar
Jelly, optional

In a large bowl, combine flour, sugar, baking powder and salt. Cut in peanut butter and 2 tablespoons butter until the mixture resembles coarse crumbs. Beat the eggs and milk; stir into the dry ingredients just until moistened. Fill greased or paper-lined muffin cups two-thirds full. Bake at 400° for 15-17 minutes.

Sept/Oct 1998 - *Quick Cooking*

Food for Thought" The key to everything is patience.

CHERRY CHIP MUFFINS

"When Valentine's Day rolls around, I like to bake these cut muffins in small heart-shaped tins." relates Shirley Glaab of Hattiesburg, Mississippi. "Drizzled with pink icing, they look adorable and taste wonderful."

1 1/2 cup all-purposed flour
1/2 cup sugar
2 teaspoons baking powder
1/2 teaspoon salt
1 egg
1/2 cup milk
1/4 cup vegetable oil
1 jar (10 oz.) red maraschino cherries
3/4 cup miniature semisweet chocolate chips
1/2 cup chopped pecans
1 cup confectioners' sugar
Softened cream cheese, optional

In a bowl, combine flour, sugar, baking powder and salt. In another bowl, whisk egg, milk and oil; stir into dry ingredients just until moistened. Drain cherries, reserving 2 tablespoons of juice for glaze (discard remaining juice for another use). Chop cherries; fold into the batter with chocolate chips and pecans. Spoon the batter by tablespoonfuls into greased or paper-lined heart-shaped or miniature muffin cups. Bake at 375° for 10-13 minutes or until muffins test done. Cool for 10 minutes; remove from pans to wire racks. Combine confectioners' sugar and reserved cherry juice to make a thin glaze; drizzle over muffins. Serve with cream cheese if desired. **Yield:** About 4 dozen.
Quick Cooking, Jan/Feb 1999

Sweet Apple Butter Muffins

This recipe-from the Gooseberry Patch cookbook, 101 Farmhouse Favorites-was shared by The Inn at Shadow Lawn in Middletown, Rhode Island. They write, "The center of each muffin is filled with a spoonful of apple butter....yummy!"

1 3/4 c. all-purpose flour
1/3 c. plus 2 T. sugar, divided
2 t. baking powder
1/2 t. cinnamon
1/4 t. nutmeg
1/4 t. salt
1 egg, beaten
3/4 c. milk
1/4 c. oil
1 t. vanilla extract
1/3 c. apple butter
1/3 c. chopped pecans

Combine flour, 1/3 cup sugar, baking powder, spices and salt in a large bowl; set aside. In a separate bowl, blend egg, milk, oil and vanilla together; stir into flour mixture. Spoon one tablespoon batter into each of 12 paper-lined muffin cups; top with one teaspoon apple butter. Fill muffin cups 2/3 full using remaining batter; set aside. Toss pecans with remaining sugar; sprinkle evenly over muffins. Bake at 400° until a toothpick inserted in the center tests clean, about 20 minutes. Makes one dozen.



Poppy Seed Mini-Muffins

2 cups all-purpose flour
3/4 cup sugar
1 teaspoon baking powder
1 teaspoon baking soda
1/4 teaspoon salt
1 cup (8 oz) sour cream
1/2 cup vegetable oil
2 eggs
2 tablespoons poppy seeds
2 tablespoons milk
1/2 teaspoon vanilla extract
1/2 teaspoon lemon extract



In a large bowl, combine flour, sugar, baking powder, baking soda and salt; set aside. Combine remaining ingredients; mix well. Stir into dry ingredients, just until moistened. Fill greased or paper-lined mini-muffin cups two-thirds full. Bake at 400° for 12-15 minutes or until muffins test done. Cool in pan 10 minutes before removing to a wire rack.

Yield: About 3 1/2 dozen.

Taste of Home, Dec/Jan 1997

Peanut Butter Muffins

1 1/2 cups chocolate wafer crumbs
2 tablespoons plus 1/2 cup sugar, *divided*
1/2 cup butter or margarine, melted
2 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon salt
1 egg
3/4 cup milk
1/3 cup vegetable oil
1/2 cup peanut butter

In a bowl, combine crumbs and 2 tablespoons sugar. Stir in butter; set aside. In another bowl, combine the flour, baking powder, salt and remaining sugar. Whisk together egg, milk and oil; stir into dry ingredients just until moistened. Place peanut in a microwave-safe bowl. Cover and microwave on high for 20-30 seconds or until softened. Fold into batter. Press about 1 tablespoon reserved crumb mixture onto the bottom of 12 ungreased muffin cups. Divide batter evenly between cups. Sprinkle with remain crumbs. Bake at 400° for 15-18 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pan to a wire rack to cool completely.

Yield: 1 dozen

We learned those memorable Peanut Butter Muffins were created by Kevin Dupe. A chef at Olde Jericho Tavern, Bainbridge, NY in operation since 1793.

From Taste of Home, April/May 2000

Cranberry Nut Muffins

From Taste of Home, Dec/Jan 2001



2 cups all-purpose flour
1 cup sugar
3 teaspoons baking powder
3/4 teaspoon salt
1/2 cup orange juice
1/2 cup milk
1 egg, beaten
1/3 cup butter or margarine, melted
1 1/2 cup fresh or frozen cranberries, halved
1/2 cup chopped pecans
2 tablespoons grated orange peel

In a mixing bowl, combine the flour, sugar, baking powder and salt. In another bowl, combine the orange juice, milk, butter and egg; stir into dry ingredients just until moistened. Fold in cranberries, pecans and orange peel. Fill greased or paper-lined muffin cups three-fourths full. Bake at 400° for 18-20 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.

Yield: About 1 dozen

Raspberry Lemon Muffins

With their pretty color and tangy flavor, these are delectable!

Cooking School Lesson-Taste of Home

2 cups all-purpose flour
1 cup sugar
1 tablespoon baking powder
1/2 teaspoon salt
2 eggs, lightly beaten
1 cup light cream
1/2 cup vegetable oil
1 teaspoon lemon extract
1 1/2 cups fresh or frozen raspberries

In a large bowl, combine flour, sugar, baking powder and salt. Combine the eggs, cream, oil and lemon extract; stir into dry ingredients just until moistened. Fold in raspberries. Spoon into 18 greased or paper-lined muffin cups. Bake at 400° for 18-20 minutes or until golden brown.

Yield: 1 1/2 dozen

ZUCCHINI-OATMEAL MUFFINS

2 1/2 cups all-purpose flour
1 1/2 cups sugar
1/2 cup quick-cooking oats
1 tablespoon baking powder
1 teaspoon salt
1 teaspoon ground cinnamon
4 eggs, lightly beaten
3/4 cup vegetable oil
1 1/2 cup shredded, peeled zucchini
1/2 cup raisins or chopped dates
1/2 cup chopped pecans
In a bowl, mix first six ingredients. Combine eggs and oil; stir into dry ingredients just until moist. Fold in zucchini, raisins and pecans. Spoon into greased or paper-lined muffin cups. Bake at 400° for 20-25 minutes.
Yield: 1 1/2 dozen

From Taste of Home - Aug/Sept 1995

BLUEBERRY OAT MUFFINS

These marvelously delicious morsels are bound to become your family's most-requested muffin,

1 cup quick-cooking oats
1 cup sour milk*
1 cup all-purpose flour
3/4 cup packed brown sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 egg, beaten
1/4 cup butter or margarine, melted
1 cup fresh blueberries

In a bowl, combine oats and milk; let stand a few minutes. In another bowl, combine flour, brown sugar, baking powder, baking soda and salt; mix well. Stir egg and butter into oats mixture. Add oat mixture all at once to dry ingredients. Stir just until moistened. Gently fold in blueberries. Fill well-greased muffin cups 3/4 full. Bake at 400° for 15-20 minutes. **Yield:** 12 muffins
(* To sour milk, place a tablespoon white vinegar in a measuring cup; add enough milk to equal 1 cup)

Cooking School Lesson - Taste of Home

RAISIN SCONES

From *Taste of Home* - Feb/Mar 1999

2 cups all-purpose flour
2 tablespoons sugar
2 teaspoons baking powder
1/2 teaspoon salt
1/2 teaspoon baking soda
1/2 teaspoon ground nutmeg
1/2 cup cold butter or margarine
1 cup raisins
3/4 cup buttermilk
1 egg white
Additional sugar

In a bowl, combine dry ingredients. Cut butter until mixture resembles coarse crumbs. Stir in raisins and buttermilk just until moistened. Turn onto a floured surface; knead gently 6-8 times. Pat into an 8" circle and cut into 12 wedges. Place 1" apart on a greased baking sheet. Beat egg white until foamy; brush over scones. Sprinkle with sugar. Bake at 425° for 12-15 minutes or until golden brown.

Yield: 1 dozen

NUTTY APPLE MUFFINS

With apples and coconut, these muffins are moist, chew and tasty.

From *Taste of Home-Cooking School*

1 1/2 cups all-purpose flour
1 1/2 teaspoons baking soda
3/4 teaspoon salt
1/2 teaspoon ground nutmeg
2 eggs
1 cup plus 2 tablespoons sugar
1/3 cup vegetable oil
2 cups diced peeled apples
1 1/2 cups chopped walnuts
3/4 cup flaked coconut

In a large bowl, combine the flour, baking soda, salt and nutmeg. In another bowl, beat eggs, sugar and oil. Stir in apples, nuts and coconut. Stir into dry ingredients just until moistened. Fill 18 grease muffin cups three fourths full. Bake at 350° for 25-30 minutes. Cool in pan 10 minutes before removing to a wire rack.

Yield: 1 1/2 dozen

QUICK QUIP: *When you're in a jam, a good friend will bring you bread and peanut butter.*

FEATHER-LIGHT MUFFINS

From *Taste of Home-Cooking School*

Pretty as well as tasty; these muffins will brighten breakfast, brunch or lunch.

1/3 cup shortening
1/2 cup sugar
1 egg
1 1/2 cups cake flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1/4 teaspoon ground nutmeg
1/2 cup milk

TOPPING:

1/2 cup sugar
1 teaspoon ground cinnamon
1/2 cup butter or margarine, melted

In a mixing bowl, cream shortening, sugar and egg. Combine dry ingredients; add to creamed mixture alternately with milk. Fill greased muffin cups two-thirds full. Bake at 325° for 20-25 minutes or until golden. Let cool for 3-4 minutes. Meanwhile, combine sugar and cinnamon in a small bowl. Roll warm muffins in belted butter, then in sugar mixture. Serve warm.

Yield: 8-10 muffins



Handy Homemade Mixes

Store-bought mixes can be convenient..... But you can save yourself shopping time (and money!) by stirring up your own.

HOMEMADE MIXES like these are quick to assemble ahead.....and handy to have on hand as a head start on a fast meal. So you can count on them appearing regularly in *Quick Cooking*.

Economical, too, they deliver all the great taste of the popular convenience or specialty products offered today but for far less cost.

HOMEMADE MUFFIN MIX

Whether your family prefers sweet or savory muffins, you can satisfy them with this versatile muffin mix from Audrey Thibodeau of Mesa, Arizona. "I've included directions to prepare plain, cheddar and cinnamon-raisin muffins," she writes.

8 cups all-purpose flour
1 cup sugar
1/3 cup baking powder
1 tablespoon salt
1 cup shortening

ADDITIONAL INGREDIENTS:

1 egg
1 cup milk

FOR CHEDDAR MUFFINS:

3/4 cup shredded cheddar cheese
1/4 cup crumbled cooked bacon
2 tablespoons snipped fresh or dried chives

FOR CINNAMON-RAISIN MUFFINS:

1/2 cup raisins
1/4 teaspoon ground cinnamon

In a large bowl, combine flour, sugar, baking powder and salt. Cut in shortening until the mixture resembles coarse crumbs. Store in airtight containers in a cool dry place or in the freezer for up to 6 months.

Yield: 4 batches (10 cups)

To prepare plain muffins: Place 2 1/2 cups muffin mix in a bowl. Whisk egg and milk; stir into dry ingredients just until moistened. Fill greased or paper-lined muffin cups two-thirds full. Bake at 425° for 15-20 minutes or until muffins test done. Let stand for 10 minutes before removing to a wire rack.

To prepare cheddar muffins: In a bowl, combine 2 1/2 cups muffin mix, cheese, bacon and chives. Whisk egg and milk; stir into cheese mixture just until moistened. Fill muffin cups and bake as directed for plain muffins.

To prepare cinnamon-raisin muffins: In a bowl, combine 2 1/2 cups muffin mix, raisins and cinnamon. Whisk egg and milk; stir into raisin mixture just until moistened. Fill muffin cups and bake as directed for the plain muffins.

Yield: 1 dozen per batch.

From *Quick Cooking*





In Muncie, Indiana, Samantha Callahan jazzes up pound cake mix with some canned pumpkin and pumpkin pie spice to create these sweet muffins. "They're so good, even picky eaters cannot seem to get enough," notes the substitute teachers aide. "They're also delicious without frosting or nuts."

- 1 package (16 oz.) pound cake mix
- 2 eggs
- 1 cup canned pumpkin
- 1/3 cup water
- 2 teaspoons pumpkin pie spice
- 1 teaspoon baking soda
- 1 can (16 oz.) cream cheese frosting
- 1/2 cup finely chopped pecans, optional

In a mixing bowl, combine the cake mix, eggs, pumpkin, water, pumpkin pie spice and baking soda. Beat on medium speed for 3 minutes. Fill greased or paper-lined muffin cups two-thirds full. Bake at 350° for 18-22 minutes or until a toothpick comes out clean. Cool for 5 minutes before removing from pans to wire racks.

Frost cooled muffins. Sprinkle with pecans if desired. Store in the refrigerator. **Yield:** 1 1/2 dozen

From Quick Cooking, Nov/Dec 2003

POPPY CHEDDAR MUFFINS

- 1 3/4 cups all-purpose flour
- 2 tablespoons sugar
- 2 1/2 teaspoons baking powder
- 2 teaspoons poppy seeds
- 3/4 teaspoon salt
- 1 egg
- 3/4 cup milk
- 1/3 cup vegetable oil
- 1 cup (4 oz.) shredded cheddar cheese

In a bowl, combine flour, sugar, baking powder, poppy seeds and salt. Combine

egg, milk and oil; stir well. Stir into dry ingredients just until moistened. Fold in cheese. Fill greased or paper-lined muffin cups two-thirds full. Bake at 400° for 25 minutes or until muffins test done.

Yield: about 1 dozen

From Quick Cooking, Sept/Oct 1998

CHEDDAR GARLIC BISCUITS

"I get a lot of recipes from friends, and this one is no exception," writes Frances Poste from her home in Wall, South Dakota. Biscuit mix is combine with a little minced onion, garlic powder and cheese to create theses golden drop biscuits that bake in a flash.

- 2 cups biscuit baking mix
- 1/2 cup shredded cheddar cheese
- 1/2 teaspoon dried minced onion
- 2/3 cup milk
- 1/4 cup butter or margarine, melted
- 1/2 teaspoon garlic powder

In a bowl, combine the biscuit mix, cheese and onion. Stir 30 seconds longer. Drop by rounded tablespoonfuls 2" apart onto ungreased baking sheets. Bake at 450° for 8-10 minutes or until golden brown. Combine butter and garlic powder, brush over biscuits. Serve warm. **Yield:** 15 biscuits

From Quick Cooking, Nov/Dec 2003

CHIVE MUFFINS

- 2 cups all-purpose flour
- 1/3 cup mined chives
- 1 tablespoon baking powder
- 1 tablespoon sugar
- 1 tablespoon brown sugar
- 1/2 teaspoon salt
- 1/4 to 1/2 teaspoon pepper
- 1 egg
- 1 cup buttermilk
- 1/4 cup butter or margarine, melted

In a bowl, combine the first seven ingredients. Combine egg, buttermilk, and butter; stir into dry ingredients just until moistened. Fill greased muffin cups two-thirds full. Bake at 400° for 14-18 minutes or until golden brown. Cool for 5 minutes before removing from pan to a wire rack. **Yield:** 1 dozen

From Taste of Home, Aug/Sept 1999

BACON CHEDDAR MUFFINS

From Quick Cooking, Nov/Dec 1998

Cheddar cheese and bacon add hearty breakfast flavor to these tasty muffins from Suzanne McKinley of Lyons, Georgia. Calling for just six ingredients, they're quick to stir up and handy to eat on the run.

- 2 cups biscuit/baking mix
- 2/3 cup milk
- 1/4 cup vegetable oil
- 1 egg
- 1 cup (4 oz.) finely shredded sharp cheddar cheese
- 8 bacon strips, cooked and crumbled

In a bowl, combine biscuit mix, milk, oil and egg just until moistened, Fold in cheese and bacon. Fill greased muffin cups three-fourths full. Bake at 375° for 20 minutes or until golden brown. Cool for 10 minutes; remove from pan to a wire rack. **Yield:** about 1 dozen.

BROCCOLI QUICHE MUFFINS

"I like to keep a batch of these quiche-like muffins in the freezer....it's handy to warm them in the microwave when time is short," comments Cindy Hrychuk from Gilbert Plains, Manitoba. "These muffins are great for breakfast, lunch or a quick snack."

- 1 package (10 oz.,) frozen chopped broccoli, thawed and drained
- 1 medium onion, chopped
- 1/2 cup diced fully cooked ham
- 1/2 cup grated Parmesan cheese
- 6 eggs
- 1/2 cup vegetable oil
- 1 1/4 cups all-purpose flour
- 1 tablespoon baking powder
- 1 teaspoon dried oregano
- 1 teaspoon parsley flakes
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon dried thyme

Combine the broccoli, onion, ham and cheese; set aside. In a mixing bowl, beat eggs until frothy. Add oil; mix well. Combine dry ingredients; add to the egg mixture just until moistened. Fold in broccoli mixture. Fill greased muffin cups two-thirds full. Bake 375° for 18-22 minutes or until muffins test done. Cool for 10 minutes; remove from pan to a wire rack.

Yield: 1 1/2 dozen

From Quick Cooking, July/Aug 1998

COFFEE SHOP MUFFINS

Clare Masyada of Woodridge, New Jersey reports. "These are so quick to stir up, and they bake in just 15 minutes! They come out oh-so-tender but don't crumble like many corn muffins do."

1 1/4 cup cornmeal
1 cup all-purpose flour
1/3 cup sugar
1/3 cup brown sugar
1 teaspoon baking soda
1/2 teaspoon salt
1 egg
1 cup buttermilk
3/4 cup vegetable oil

In a bowl, combine cornmeal, flour sugars, baking soda and salt. In another bowl, beat egg, buttermilk and oil; stir into dry ingredients just until moistened. Fill greased or paper-lined muffin cups three-fourths full. Bake at 425° for 12-15 minutes or until muffins test done. Cool in pan for 10 minutes before removing to a wire rack.

Yield: 1 dozen

From Quick Cooking, Premiere Issue

PEACH MUFFINS

"When fresh peaches are in season, I often make these pretty peach muffins," reports Mrs. Alton Michelson of Mondovi, Wisconsin. "With their delicate sour cream flavor and crunch pecans, they disappear in no time."

1/2 cup butter or margarine, softened
3/4 cup sugar
1 egg
1/2 cup sour cream
1 teaspoon vanilla extract
1 1/2 cups all-purpose flour
1 1/2 teaspoons baking powder
1 cup chopped fresh or frozen peaches
1 cup chopped pecans

In a mixing bowl, cream butter and sugar. Add egg, sour cream and vanilla; mix well. Combine flour and baking powder; stir into creamed mixture just until moistened. Fold in peaches and pecans. Fill greased or paper-lined muffin cups three-fourths full. Bake at 400° for 20-25 minutes or until muffins test done. Cool for 10

minutes; remove from pan to a wire rack. **Yield:** 1 dozen

From Quick Cooking, July/Aug 1998

SAUSAGE BRUNCH MUFFINS

From Rockland, Massachusetts, Beverly Borges shares this recipe for zippy muffins chock-full of sausage. "They've become a Sunday-morning standard whenever the family gathers," she informs. "They also make a hearty hurry-up breakfast on the run."

1 pound bulk pork sausage
4 cups biscuit/baking mix
3/4 cup milk
1/2 cup water
1 can (4 oz.) diced green chilies,
undrained
1 egg, beaten
1 can (11 oz.) whole kernel corn, drained

In a skillet over medium heat, brown sausage. Drain and set aside. In a large bowl, combine biscuit mix, milk, water, chilies and egg; mix well. Stir in the corn and sausage. Fill greased or paper-lined muffin cups two-thirds full. Bake at 425° for 16-18 minutes or until golden brown. Cool for 5 minutes; remove from pan to a wire rack. Serve warm.

Yield: 2 dozen

SAUSAGE CHEESE MUFFINS

"These small savory muffins are fun to serve as appetizers or at brunch," writes Willa Paget of Nashville, Tennessee. "With just five ingredients, the tasty bites are easy to whip up to take to a party, the office or a sick friend."

1 pound bulk hot pork sausage
1 can (10 3/4 oz.) condensed cheddar cheese soup, undiluted
1/2 cup milk
1 to 3 teaspoons rubbed sage
3 cups biscuit/baking mix

In a skillet over medium heat, cook sausage until no longer pink; drain. In a bowl, combine soup, milk, sage and sausage. Stir in the biscuit mix just

until moistened. Fill greased miniature or regular muffin cups two-thirds full. Bake at 400° for 15-20 minutes or until muffins test done. **Yield:** 4 dozen mini-muffins or 2 dozen regular muffins.

From Collector's Edition, Quick Cooking.

SWEET CORNMEAL CHEESE MUFFINS

This tasty dish uses less sugar, salt and fat.

2 tablespoons sugar
4 teaspoons vegetable oil
1 egg, beaten or egg substitute equivalent
2 tablespoons milk
1/4 cup cornmeal
1/4 cup all-purpose flour
1/2 teaspoon baking powder
Pinch of salt

In a bowl, combine sugar, oil, egg and milk; mix well. In another bowl, combine dry ingredients; stir in sugar mixture just until moistened. Pour into four muffin cups that have been lined with papers or coated with nonstick cooking spray. Bake at 400° for 15-18 minutes or until lightly browned. **Yield:** 4 muffins
Diabetic Exchanges: One muffin (prepared with egg substitute and skim milk) equals 1 1/2 starch, 1 fat; also, 153 calories, 87 mg sodium, trace cholesterol, 20 gm carbohydrate, 4 gm protein, 6 gm fat.

From Taste of Home, June/July 1995

Mini Corn Dog Muffins

1 package (8 1/2 oz.) corn muffin mix
2 oz. Velveeta, cut into 24 small cubes
4 Oscar Mayer Beef Franks, each cut into 6 pieces
1/2 cup Gray Poupon Savory Honey Mustard

Prepare muffin batter as directed on package; spoon into 24 mini muffin cups sprayed with cook spray. Press 1 each Velveeta cube and hot dog slice into batter in center of each muffin cup. Bake 375° for 10-12 minutes or until golden brown. Cool 5 minutes before removing from pans. Serve warm with mustard.

From Food and Family Holiday, 2013

Chicken Pot Pie Crescent Cups

1 cup frozen mixed vegetables
1 cup chopped deli rotisserie chicken
1 can (10 1/2 oz.) cream of chicken soup
1 can (8 oz.) refrigerated crescent dough sheet

Heat oven to 375° F. Spray 8 regular-size muffin cups with cooking spray. In medium bowl, mix Vegetables, chicken and soup.



On a large cutting board, unroll dough sheet; cut into 8 squares with sharp knife or pizza cutter. Line each muffin cup by pressing 1 dough square in bottom and up side of cup. Divide vegetable and chicken mixture evenly among dough-lined cups (about 1/4 cup each).

Bake 14-18 minutes or until dough is deep golden brown and mixture is heated through. Cool 5 minutes in pan; remove from pan with metal spatula.

<https://www.pillsbury.com/recipes/chicken-pot-pie-crescent-cups/700fca5c-0ac6-45cb-aad8-ea5e74d58680?pp=1>

PIZZA CUPCAKES

1 can (8 oz.) refrigerated crescent dinner rolls
1/2 cup pizza sauce
1/4 cup mini pepperoni slices
1/4 lb. mild Italian sausage, cooked and drained
1/2 cup shredded mozzarella cheese (2 oz.)

Heat oven to 375° F. Spray 8 regular-sized muffin cups with cooking Spray. Unroll dough; separate into 8 triangles. Press into muffin cups.



In a small bowl, mix sauce, pepperoni, sausage and 1/4 cup of the cheese. Spoon about 2 tablespoons mixture into each dough-lined cup; sprinkle each with about 1 teaspoon additional cheese.

Bake 16-18 minutes or until lightly browned. Immediately remove from cups and serve.

<https://www.pillsbury.com/recipes/flaky-biscuit-pizza-snacks/c4f75104-1b4d-4bb8-99b3-2db770ac8bc8>

FOOD FOR THOUGHT: Enthusiasm is the yeast that raises a lot of dough!