

# **Basic Sweet Muffins**

Oven temperature: 400

Cookware Needed: Muffin tins

Serving: 6

Preparation: 2 days

Cook/Bake time: 20-25 Min

## **Dry Ingredients:**

- 1 Cup all-purpose flour
- 1/4 cup granulated sugar
- 1 teaspoon baking powder
- 1/4 teaspoon salt

## **Day 1**

- \_\_\_\_\_ 1. Get Supplies
- \_\_\_\_\_ 2. Combine dry ingredients
- \_\_\_\_\_ 3. Label and put in recloseable bag
- \_\_\_\_\_ 4. Beat egg with egg butter
- \_\_\_\_\_ 5. Add milk and oil to egg
- \_\_\_\_\_ 6. Put in storage container
- \_\_\_\_\_ 7. Label and place on storage tray.

## **Wet Ingredients:**

- 1 egg, well beaten
- 1/3 cup milk
- 2 tablespoons oil or melted butter

## **Day 2**

- \_\_\_\_\_ 1. Get Supplies
- \_\_\_\_\_ 2. Preheat oven to 400 beater
- \_\_\_\_\_ 3. Stir wet mixture with egg
- \_\_\_\_\_ 4. Pour dry ingredients mixing bowl.
- \_\_\_\_\_ 5. Make a well in center of dry ingredients.
- \_\_\_\_\_ 6. Add wet ingredients to well area.
- \_\_\_\_\_ 7. Stir together only until dry ingredients are moist ( Batter will be lumpy)
- \_\_\_\_\_ 8. Gently stir in any variation ingredients.
- \_\_\_\_\_ 9. Place 6 paper liners in muffin tin
- \_\_\_\_\_ 10. Fill muffin cups 2/3 full. Bake

## **Variations:**

- 1. Banana / Chocolate Chip Muffins: reduce milk to 3 tablespoons and add 1/2 cup mashed banana (about 1 medium) and 1/3 cup mini chocolate chips to batter.
- 2. Blueberry Muffins: add 1/2 cup fresh or frozen blueberries ( thawed and drained) to batter.
- 3. cheese Muffins: add 1/4 cup shredded cheddar or Monterey jack cheese to batter.
- 4. Cranberry Muffins: add 1/4 cup chopped cranberries and 2 tablespoons sugar to batter.
- 5. French Breakfast Muffins: melt 1/3 cup butter or margarine. Combine 1/4 cup sugar with 1/2 teaspoon cinnamon. Roll warm baked muffins in butter that sugar mixture.
- 6. Oatmeal Muffins: reduce flour to 3/4 cup and add 1/2 cup rolled oats to dry mixture.
- 7. Poppy Seed Muffins: increase sugar to 1/3 cup and add 2 teaspoons poppy seeds to dry mixture. (Can also add 1 teaspoon lemon zest, if desired).
- 8. Streusel Muffins: Combine 2 tablespoons flour, 2 tablespoons brown sugar and 1/4 teaspoon cinnamon in small mixing bowl. Fill muffin cups half full, sprinkle with streusel, and then fill to 2/3 full. Top with any leftovers streusel.

