

Muffins

Muffins make a great grab-and-go breakfast or snack

Make a large batch on a day you have some extra time. Then pull one out to take on the go! Follow these steps to make 12 muffins.



Directions

1. Preheat oven to 400°F.
2. Coat a 12-cup muffin pan with non-stick cooking spray. Or, use muffin liner cups.
3. Make muffin dry mix: In a large bowl, whisk together 1½ cups whole wheat flour, 1 cup all-purpose flour, 1½ teaspoons baking powder, and ¼ teaspoon salt. Add **Optional Dry Flavorings**.
4. Make muffin wet mix: In a medium bowl, whisk together 2 large eggs, 1 cup fat-free (skim) or low-fat (1%) milk, ⅔ cup brown or granulated sugar, 2 Tablespoons melted unsalted butter, 2 Tablespoons canola oil, and 1 teaspoon vanilla extract. Add **Optional Wet Flavorings**.
5. Add wet mix to dry mix. Stir until just combined. Fold in **Fruits and Veggies** and **Optional Add-Ins**.
6. Bake muffins until a toothpick inserted in the center comes out with just a couple of moist crumbs attached, 20–25 minutes.
7. Let cool in the pan for 10 minutes. Remove from pan and let cool completely.

See next page for muffin ad-ins!



Muffins, Continued...

Optional Add-ins

| Optional Dry Flavorings (1-1½ teaspoons total) | + | Optional Wet Flavorings | + | Fruits and Veggies (2 cups total) | + | Optional Add-Ins (up to ½ cup total) |
|---|---|--|---|---|---|--|
| Ground cinnamon | | ½ teaspoon coconut or almond extract | | Fresh or frozen (not thawed) berries | | Dried fruit, such as raisins, cherries, currants, or cranberries |
| Ground nutmeg | | 1 Tablespoon lemon, lime, or orange zest | | Diced or mashed bananas | | Toasted chopped or slivered nuts |
| Ground allspice | | | | Diced mango or pineapple | | Mini chocolate chips |
| Ground ginger | | | | Shredded apples or pears | | Shredded unsweetened coconut |
| Pumpkin pie spice | | | | Shredded carrots, zucchini, or parsnips | | |



Try these combos!

Spiced Banana-Nut Muffins

Add ½ teaspoon each ground cinnamon, nutmeg, and allspice to the dry mix. Combine wet and dry mixes. Stir in diced bananas and chopped pecans.

Zucchini-Raisin Muffins

Add 1 teaspoon ground cinnamon to the dry mix. Combine wet and dry mixes. Stir in zucchini and raisins.

Blueberry-Ginger Muffins

Add 1½ teaspoons ground ginger to the dry mix. Combine wet and dry mixes. Stir in blueberries.



Chef's Notes

- To freeze leftover muffins, wrap each one in plastic wrap. Place in an airtight container. Freeze up to 1 month.
- Use up fruits and veggies that are starting to get too ripe.
- To make bread instead of muffins, coat a loaf pan with non-stick cooking spray. Bake at 375°F for 50–60 minutes.