

# Muffins

Makes 12 muffins

- 3 cups + 2 Tablespoons Master Mix
- 3 Tablespoons sugar
- 1 egg, beaten
- 1¼ cups water or low-fat milk

1. Combine Master Mix and sugar.
2. Blend egg and water; add to mix. Stir gently just until dry ingredients are moistened. Mixture should be lumpy.
3. Coat muffin pans with non-stick spray. Fill  $\frac{2}{3}$  full.
4. Bake at 400°F for 20 minutes.

## Variations:

**Blueberry Muffins-** Lightly coat  $\frac{3}{4}$  cup fresh or frozen blueberries with Master Mix to keep them from discoloring or sinking to bottom. Fold blueberries and 1 teaspoon finely grated lemon peel into batter.

**Cranberry Muffins-** Combine 1 cup coarsely chopped cranberries and 2 Tablespoons sugar. Fold into batter.

**Date-Nut Muffins-** Lightly coat  $\frac{2}{3}$  cup snipped, pitted whole dates with Master Mix to keep them from sinking. Combine dates and  $\frac{1}{2}$  cup chopped nuts. Fold into batter.

**Jelly Muffins-** Do not use muffin papers. Fill muffin cups  $\frac{1}{3}$  full with batter, top with 1 teaspoon jelly, jam, or preserves, top with enough batter to fill  $\frac{2}{3}$  full.

**Cheese Muffins-** Stir  $\frac{1}{2}$  cup shredded low-fat cheddar or Monterey Jack cheese into batter.

**Cornmeal Muffins-** Reduce Master Mix to 1½ cups. Add 1 cup yellow cornmeal.

**Banana Muffins-** Reduce water to  $\frac{1}{2}$  cup. Add  $\frac{3}{4}$  cup mashed banana and  $\frac{1}{2}$  cup chopped nuts to batter.

## Nutrition Facts

Serving Size 1 muffin (70.29g)  
Servings Per Container 12

Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 6g	
<b>Protein</b> 5g	<b>10%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

