## Muffin Pan Oven

Two muffin pans make a very serviceable outdoor oven.

## Instructions:

1. Line the compartments of a muffin pan with cupcake liners. If liners are not available, oil the compartments.
2. Fill the compartments with different foods, including hamburger, vegetables and muffin and cake batter.
3. Season the foods.
4. For easy cleaning of the top pan, place a liner over the foods that might stick.
5. Fit the second muffin pan over the first.
6. Clamp the muffin pans together with four large clips, the kind used to clip paper together.
7. Keeping the muffin pans level, place them on four rocks over mediumhot coals and put hot coals on the top of the "oven," making sure that more coals cover the meat end than the dough end.
8. Cook for 25 to 35 minutes.

This information was taken from Roughing It Easy, by Dian Thomas.
Some of my personal suggestions:

1. Make sure you soap the outside of the muffin pans for easier clean-up.
2. As a teacher, I have found that "bulldog" clips seem to really work the best for just about any kind of "clamping" job. They are strong, come in at least 2 different sizes, can be found in any teaching supply store, Wal-Mart, or office supply store.
3. Don't forget some oven mitts for removing the muffin tin oven, separating the tins, etc. Bandanas work okay, but they are not as thick making it much easier to get burned, and are harder to work with when dealing with separating the tins.
4. If you are taking a troop out camping and plan on using this method of cooking, it works much faster if you take the provisions for more than one of these ovens. Makes the cooking much faster.

## Altdeutxche Brotchen (Old German Muffins)

## Internet

## Ingredients:

- $3 / 4$ cup Butter Or Margarine
- 2 Eggs; Large
- 1 teaspoon Vanilla Extract
- $1 / 2$ teaspoon Cinnamon
- $21 / 4$ cups Flour; Unbleached
- $1 / 2$ cup Sugar
- 3 tablespoons Milk
- 2 teaspoons Baking Powder
- 1 tablespoon Orange Rind; Grated
- $1 / 4$ cup Almonds; Ground
- $1 / 4$ cup Raisins; If Desired


## Instructions:

Cream butter and sugar. Beat in eggs, vanilla, and milk. Mix cinnamon, baking powder, and flour. Add flour mixture to butter mixture. Gently mix in almonds, orange rind, and raisins. Pour batter into greased muffin tins, filling half full. Bake at 375 degrees $F$. for 25 to 30 minutes, or until browned.

## Apple-Cheddar Muffins

 Internet
## Ingredients:

- $1 / 2$ cup Shortening
- 2 large Eggs
- 1 teaspoon Baking soda
- $1 / 2$ teaspoon Salt
- 1 cup Apples; finely chopped
- $1 / 2$ cup Pecans; chopped
- Apple slices; You should have 12 to 15 thin slices of unpeeled red apple for this recipe.
- Cinnamon-sugar mixture
- $1 / 2$ cup Sugar; granulated
- $11 / 2$ cup Unbleached flour
- 1 teaspoon Baking powder
- $3 / 4$ cup Oats; quick cooking
- $2 / 3$ cup Cheddar; sharp coarse grate
- $3 / 4$ cup Milk
- Butter; melted


## Instructions:

Cream the shortening and sugar together and add the eggs, one at a time, beating well after each addition. Combine the flour, baking powder, baking soda, and salt in a mixing bowl, mix lightly. Gradually stir the flour mixture into the shortening mixture. In this order, add the oats cheddar and pecans, mixing well after each addition. Gradually add the milk, stirring until all the ingredients are just moistened. Grease the muffin pans and fill each cup $2 / 3$ full of batter. Dip the apple slices in the melted butter and then into the cinnamon-sugar. Press 1 apple slice into the top of each muffin. Sprinkle
lightly with cinnamon-sugar and bake for $25-35$ minutes in the muffin tin oven, or until golden brown.

## Apple Crunch Muffins

Internet

## Ingredients:

- $11 / 2$ cup Flour, unbleached; sifted
- $1 / 2$ cup Sugar
- 2 teaspoons Baking powder
- $1 / 2$ teaspoon Salt
- $11 / 2$ teaspoons Cinnamon, ground
- $1 / 4$ cup Shortening, vegetable
- 1 large Egg; slightly beaten
- $1 / 2$ cup Milk
- 1 cup Apples, tart, peeled, cored and grated


## Nut Crunch Topping Ingredients:

- $1 / 4$ cup Sugar, brown
- $1 / 4$ cup Pecans; chopped
- $1 / 2$ teaspoon Cinnamon, ground


## Instructions:

Sift together flour, sugar, baking powder, salt and cinnamon into mixing bowl. Cut in shortening with pastry blender until fine crumbs form. Combine egg and milk. Add to dry ingredients all at once, stirring just enough to moisten. Stir in apples. Spoon batter into paper-lined $21 / 2$ inch muffin-pan cups, filling $2 / 3$ full. Sprinkle with nut crunch topping (see below). Bake in muffin tin oven 25 to 35 minutes or until golden brown. Serve hot with butter and homemade jelly or jam.

Nut Crunch Topping: Mix together brown sugar (packed), chopped pecans and ground cinnamon in small bowl.

## Apple Spice Muffins

## Internet

## Ingredients:

- $1 / 2$ cups all-purpose flour
- $1 / 2$ cup Wheat Germ
- $1 / 2$ cup granulated sugar
- 1 tablespoon baking powder
- $11 / 4$ teaspoons ground cinnamon
- $1 / 2$ teaspoon salt (optional)
- 1 cup peeled, chopped apple
- 1 cup milk
- $1 / 4$ cup vegetable oil
- 1 egg, slightly beaten
- $1 / 3$ cup chopped nuts
- 2 tablespoons margarine or butter, melted


## Instructions:

Line 12 ( $21 / 2$ inch) muffin cups with paper baking cups or grease lightly. In large bowl, combine flour, wheat germ, $1 / 4$ cup of the sugar, the baking powder, $3 / 4$ teaspoon of the cinnamon and the salt. Stir in apple. In small bowl, combine milk, oil and egg. Add to flour mixture, stirring just until moistened. Fill muffin cups almost full. In small bowl, combine remaining $1 / 4$ cup sugar, $1 / 2$ teaspoon cinnamon, the nuts and margarine. Sprinkle over muffins. Bake in muffin tin oven 25 to 35 minutes or until golden brown and wooden pick inserted in center comes out clean. Remove from pan. Makes 12 muffins

## Banana-Walnut Muffins

Internet

## Ingredients:

- 2 cups oat bran flakes cereal
- $11 / 2$ cups mashed bananas (about 3 medium)
- 1 egg
- $1 / 2$ cup buttermilk
- $1 / 4$ cup butter, melted
- $11 / 2$ cups all-purpose flour
- 1/4 cup packed brown sugar
- 1 tablespoon baking powder
- $1 / 2$ teaspoon ground cinnamon
- $1 / 4$ teaspoon baking soda
- $1 / 4$ cup chopped walnuts


## Instructions:

Spray 12 ( $21 / 2$ inch) muffin cups with nonstick cooking spray Combine cereal and butter in medium bowl. Let stand 5 minutes. Combine flour, brown sugar, baking powder, cinnamon and baking soda in large bowl. Add cereal mixture to flour mixture, stirring just until moistened. Spoon evenly into prepared muffin cups. Sprinkle with walnuts. Bake 20 to 22 minutes or until wooden pick inserted in center comes out clean.

## Carrot Pineapple Muffins

Internet

## Ingredients:

- 1 can (81/4 ounces) Crushed Pineapple in Syrup or Juice
- Milk
- 2 cups all-purpose flour
- $1 / 3$ cup packed brown sugar
- 2 tablespoons toasted wheat germ
- 1 tablespoon baking powder
- $1 / 2$ teaspoon salt
- 1 egg, beaten
- $3 / 4$ cup finely shredded carrots
- $1 / 3$ cup vegetable oil
- $1 / 2$ teaspoon vanilla extract
- 2 tablespoons granulated sugar
- $1 / 2$ teaspoon ground cinnamon


## Instructions:

Paper-line 15 (2l/2-inch) muffin cups. Drain pineapple, reserving syrup. (Press pineapple with back of spoon to remove as much syrup as possible.) Add enough milk to syrup to measure $3 / 4$ cup liquid. Combine flour, brown sugar, wheat germ, baking powder and salt in large bowl. Make well in center. Combine egg, carrots, oil, vanilla, milk-syrup mixture and pineapple in medium bowl. Add pineapple mixture all at once to dry ingredients, stirring just until moistened. (Batter will be lumpy.) Spoon into prepared muffin cups, filling $2 / 3$ full. Combine granulated sugar and cinnamon in small bowl; sprinkle over tops of muffins. Bake 20 to 25 minutes or until wooden pick inserted in center comes out clean. Remove from pans. Makes 15 muffins

## Carrot Walnut Raisin Muffins

## Internet

## Ingredients:

- 2 cups whole wheat pastry flour
- $1 / 2$ cup unbleached flour
- 2 teaspoons baking powder
- $1 / 4$ teaspoon salt
- 4 fl. ounces Egg Beaters $99 \%$ Real Egg Product
- 1 cup $1 \%$ lowfat milk
- $1 / 3$ cup Sunflower oil
- $1 / 2$ cup honey
- $11 / 4$ cups grated carrots
- $1 / 2$ cup chopped walnuts
- $1 / 2$ cup raisins


## Instructions:

Combine flours, baking powder, and salt in a medium-sized bowl. Mix eggbeaters, milk, oil, and honey together. Combine wet and dry ingredients. Fold in carrots, walnuts, and raisins. Spoon approximately $1 / 2$ cup mixture for each muffin into oiled muffin tins. Place immediately in oven. Bake 20 minutes or until lightly browned on top

## Cherry Muffins <br> Internet

## Ingredients:

- 3 cup fresh cherries, pitted and diced
- 2 teaspoons sugar
- 1 teaspoon vanilla
- 2 teaspoons all purpose flour
- 2 cups whole wheat pastry flour
- $11 / 2$ cups all purpose unbleached flour
- 2 teaspoon double acting baking powder
- 1 teaspoon salt
- 1 teaspoon cinnamon
- $1 / 8$ teaspoon freshly grated nutmeg
- 3 egg whites
- 1 cup milk
- 1 cup orange juice
- $1 / 4$ cup oil
- $1 / 4$ cup applesauce
- 1 teaspoon vanilla extract


## Instructions:

Drizzle 1 teaspoon vanilla and 2 teaspoons sugar over cherries. Stir and set aside. Toss dry ingredients together in a bowl. Mix liquid ingredients until blended. Add liquids to dry ingredients and stir with a fork until just blended (some lumps are normal). Drain cherries and pat dry with paper towels and chop coarsely. Dredge in all purpose flour. Fold cherries into the batter and spoon into paper-lined muffin tins. Bake for 20-25 minutes or until a toothpick inserted in center of a muffin comes out clean. Cool 10 minutes in tins and then completely on a wire rack.

## Chocolate Chip Muffin Tops

Internet

## Topping Ingredients:

- $1 / 2$ cup walnuts, chopped
- 1/3 cup firmly packed brown sugar
- 2 tablespoons ( $1 / 4$ stick) butter, melted
- 1 tablespoon all-purpose flour
- One 12-oz. pkg. (2 cups) NESTLE~Toll House Semi-Sweet Chocolate Mini Morsels, divided


## Cake Ingredients:

- 2 cups all-purpose flour
- $11 / 2$ cups NESTLE~ Toll House~ Semi Sweet Chocolate Mini Morsels, reserved from 12-oz. pkg.
- 3 tablespoons granulated sugar
- 1 tablespoon baking powder
- $1 / 4$ teaspoon salt
- 2/3 cup milk
- $1 / 2$ cup ( 1 stick) butter, melted
- 2 eggs
- 1 teaspoon vanilla extract


## Topping Instructions:

In small bowl, combine walnuts, brown sugar, butter and flour; stir in $1 / 2$ cup mini morsels; set aside.

## Cake Instructions:

Grease 12 muffin top molds. (or 18 muffins) In large bowl, combine flour, remaining $11 / 2$ cups mini morsels, granulated sugar, baking powder and salt. In small bowl, combine milk, butter, eggs and vanilla extract. Add to flour
mixture, stirring just until dry ingredients are moistened. Spoon into prepared muffin cups, filling each about $3 / 4$ full. Sprinkle each with Topping. Bake 18 to 20 minutes until wooden toothpick inserted into center comes out clean. Cool 5 minutes; remove from cups. Serve warm or cool completely. Makes 12 Muffin tops of 18 muffins

## Corn Meal Muffins

## Internet

## Ingredients:

- 1 cup Unbleached all-purpose flour
- 2 tablespoons Granulated sugar
- 1 cup Yellow cornmeal
- $1 / 4$ cup Vegetable oil
- 4 teaspoon Baking powder
- 1 teaspoon Salt
- 2 Large eggs


## Instructions:

Grease 12 2½ inch muffin cups. Sift flour, baking powder, sugar and salt into medium-sized bowl. Add cornmeal and stir to mix well. In small bowl, beat eggs with fork. Add milk and oil. Add all at once to dry ingredients. Stir mixture only until dry ingredients are moistened. Batter will be lumpy. Drop batter from a tablespoon into the prepared muffin cups, filling each cup $1 / 2$ to $2 / 3$ full. Bake 15 to 20 minutes, or until golden brown. Remove and serve hot with butter, bacon and eggs.

## Fresh Strawberry Muffins

Internet

## Ingredients:

- $21 / 2$ cups all-purpose flour
- $2 / 3$ cup sugar
- 1 teaspoon baking soda
- $3 / 4$ teaspoon ground cinnamon
- $1 / 2$ teaspoon salt
- $11 / 2$ cups sliced fresh strawberries
- 1 cup nonfat buttermilk
- 1/3 cup margarine, melted
- $11 / 4$ teaspoons vanilla extract
- 1 egg, lightly beaten
- 1 egg white, lightly beaten
- Vegetable cooking spray
- $1 \frac{1}{2}$ tablespoons sugar


## Instructions:

Combine flour and next 4 ingredients in a large bowl, and stir well. Add fresh strawberries; stir well, and make a well in center of mixture. Combine buttermilk and next 4 ingredients; stir well. Add to dry ingredients, stirring just until moistened. Divide batter evenly among 18 muffin cups coated with cooking spray; sprinkle $1 \frac{1}{2}$ tablespoons sugar evenly over muffins. Bake for 25 minutes or until a wooden pick inserted in center comes out clean. Remove from pans immediately; let cool on a wire rack. Yield: 1 1/2 dozen (serving size: 1 muffin).

## Grape Nuts Muffins

Internet

## Ingredients:

- Nonstick cooking spray
- 1 pound butter
- 5 cups sugar
- 8 cups flour
- 5 teaspoons baking powder
- $1 / 4$ teaspoon salt
- 8 ounces bran
- $1 / 4$ cup Grape Nuts
- 3 large eggs
- $13 / 4$ cups buttermilk
- 4 tablespoons baking soda
- $1 / 2$ cup boiling water


## Instructions:

Lightly spray muffin tins with nonstick cooking spray. Melt butter. Sift together sugar, flour, baking powder, and salt. Add bran and Grape Nuts and mix well in a large bowl. Beat eggs in another large bowl. Add buttermilk and melted butter while continuing to beat. Add boiling water to baking soda and mix with other liquids. Mix liquids with dry ingredients, stirring just enough to blend. For regular muffins, bake for 20 to 25 minutes. Makes 120 muffins or muffin tops. Note: The unbaked mixture will keep for up to 6 weeks in tightly covered containers, refrigerated.

## Honey-Pecan Corn Bread Muffins <br> Internet

## Ingredients:

- $3 / 4$ cup firmly packed brown sugar, dark
- 3 tablespoons honey
- 3 tablespoons Fleischmann's margarine
- 1 cup chopped pecans
- 116 oz. package Marie Callenders cornbread mix


## Instructions:

Combine sugar, honey, and margarine in a small saucepan, stirring occasionally over low heat until it boils and sugar is dissolved. Use paper muffin cups (this recipe can be very messy if it spills in oven) in muffin pan, sprinkle 1 tablespoon nuts into each cup, spoon no more than 1 tablespoons hot syrup over the nuts. Prepare corn bread mixture according to package directions, and spoon into cups. Bake 20 to 22 minutes or until lightly browned. Immediately invert onto serving platter and serve hot.

Makes about 12 corn-sticks. Use $1 / 3$ cup Plus 1 tablespoons Brown sugar, 2 tablespoons Honey, 2 tablespoons Margarine and $3 / 4$ cup chopped pecans. Spoon 1 tablespoon nuts into corn-stick forms, spoon 2 tablespoons hot syrup over the nuts, and pour corn bread mix over nut-syrup mixture. Bake about 12 minutes

## Jalapeno Cheese Corn Muffins <br> Internet

## Ingredients:

- 1 box Jiffy Corn Muffin mix
- $11 / 2-2$ cups shredded cheddar
- $1 / 4-1 / 2$ cup diced sweet onion
- 2 jalapenos, diced fine


## Instructions:

Bake according to box directions.

## Lemon Raspberry Muffins

## Internet

## Ingredients:

- 2 cups Unbleached flour
- 3 teaspoons Baking powder
- 1 cup Half-and-half
- 1 teaspoon Lemon extract
- 1 cup Fresh/frozen raspberries - Frozen raspberries should be without syrup and should not be thawed.
- 1 cup Sugar
- $1 / 2$ teaspoon Salt
- $1 / 2$ cup Vegetable oil.
- 2 Large eggs


## Instructions:

Line 12 muffin cups with paper baking cups. Lightly spoon flour into measuring cup; level off. In large bowl, combine flour, sugar, baking powder and salt; mix well. In small bowl, combine half-and-half, oil, Lemon extract and eggs; blend well. Add to dry ingredients, stir until ingredients are just moistened. Carefully fold in raspberries. Fill prepared muffin cups $3 / 4$ full. Bake at 425 degrees F. 18 to 23 minutes or until golden brown. Cool 5 minutes, remove from pans. HIGH ALTITUDE: Above 3500 feet, decrease baking powder to 2 teaspoons.

## Molasses Refrigerator Muffins <br> Internet

## Ingredients:

- 4 cups Unbleached flour, sifted
- 1 teaspoon Salt
- 1 teaspoon Ground ginger
- $1 / 4$ teaspoon Ground allspice
- $11 / 3$ cups Vegetable shortening
- 4 Large eggs, slightly beaten
- 1 cup Butter/sour milk
- 2 teaspoon Baking soda
- 1 teaspoon Ground cinnamon
- $1 / 4$ teaspoon Ground cloves
- $1 / 4$ teaspoon Ground nutmeg
- 1 cup Sugar
- 1 cup Molasses
- 1 cup Raisins


## Instructions:

Sift together flour, baking soda, salt, cinnamon, ginger, cloves, allspice and nutmeg; set aside. Cream together shortening and sugar in mixing bowl until light and fluffy, using electric mixer at medium speed. Add eggs beat well. Blend in molasses and butter/sour milk. Add dry ingredients all at
once, stirring just enough to moisten. Stir in raisins. Spoon into greased 3inch muffin-pan cups, filling $1 / 2$ full. Bake in 350 degree oven 20 minutes or until golden brown. Serve hot with butter and jam. NOTE: Batter can be stored in refrigerator in covered container for up to 3 weeks.

## Muffins Basic and Variations <br> Internet

## Ingredients:

- 2 cups Unbleached all-purpose flour
- 2 tablespoons Granulated sugar
- 1 Large egg
- $1 / 2$ cup Vegetable oil
- 1 tablespoon Baking powder
- 1 teaspoon Salt
- 1 cup Milk


## Instructions:

Grease $12 \quad 21 / 2$-inch muffin cups. Sift Flour, baking powder, sugar and salt into a medium-sized bowl. Stir to mix well. In a small bowl, beat egg with a fork. Add milk and oil. Add all at once to dry ingredients. Stir mixture only until dry ingredients are moistened. Batter will be lumpy. Drop batter from a tablespoon into prepared muffins pans, filling each cup half to two-thirds full. Bake 15 to 20 minutes, or until golden brown. Remove from pan and serve hot with butter, jam or marmalade.

## VARIATIONS:

## GINGER MUFFINS:

Add $1 / 2$ Cup finely diced candied ginger to flour mixture before adding liquid.

## BANANA PECAN MUFFINS:

Prepare muffin batter but use only $1 / 2$ cup milk. Add $1 / 2$ cup chopped pecans and $1 / 4$ teaspoon ground nutmeg to sifted flour. Add 1 cup mashed, peeled banana with the egg, milk and oil.

## BLUEBERRY MUFFINS:

Toss 1 cup washed and well-drained fresh or frozen blueberries with sifted flour mixture before adding liquid.

## ORANGE MUFFINS:

Cut 2 peeled navel oranges into sections. When batter is in the cups, place an orange section on top of each and sprinkle lightly with granulated sugar.

## CHEESE MUFFINS:

Fold $1 / 2$ cup grated sharp yellow cheese into muffin mix with the last few strokes on batter. Serve hot with scrambled eggs and bacon for a special breakfast.

## SURPRISE MUFFINS

Fill muffin cups $1 / 3$ full of batter. Drop $1 / 2$ teaspoon of your favorite jelly in center of batter. Add batter to fill cup $2 / 3$ full. Kids just love these as you will.

## COCONUT MUFFINS:

Add 1 c Shredded coconut with the last few strokes of mixing. For a snack have coconut muffins, butter and milk.

## CHIVE MUFFINS:

Fold $1 / 4$ cup chives into the batter during the last few strokes and serve at dinner. Great with a steak and salad.

## No Fat Banana-Raisin Muffins <br> Internet

## Ingredients:

- 2 cups whole-wheat flour
- $3 / 4$ cup frozen apple juice
- I cup unprocessed bran
- 1 cup rolled oats
- $1 / 2$ cup plain low-fat yogurt
- $11 / 2$ teaspoons baking soda
- 1 cup mashed bananas
- 2 egg whites
- 1 cup raisins


## Instructions:

Combine all dry ingredients. Beat the egg whites until stiff . Add apple juice, yogurt, bananas, and raisins to the flour. mixture and stir to blend Fold in the egg whites and mix well. Bake at 400 for 20 minutes.

## Oatmeal Muffins

Internet

## Ingredients:

- 1 cup Quick-cooking oats
- 1 cup Unbleached flour, sifted
- $1 / 2$ teaspoon Baking soda
- $1 / 3$ cup Butter or regular margarine
- 1 Large egg
- 1 cup Butter/sour milk
- 1 teaspoon Baking powder
- 1 teaspoon Salt
- $1 / 2$ cup Brown sugar, packed


## Instructions:

Combine oats and butter/sour milk in small bowl. Mix well and let stand 1 hour. Sift together flour, baking powder, baking soda and salt; set aside. Cream together butter and brown sugar in mixing bowl, using electric mixer at medium speed. Add egg; beat until light and fluffy. Add dry ingredients alternately with oat mixture to creamed mixture, blending well after each addition. Spoon batter into greased $21 / 2$-inch muffin-pan cups, filling $2 / 3$ full. Bake in 400 degree F. oven 20 minutes or until golden brown. Serve hot with homemade jam or preserves.

## Peach Muffins

Internet

## Ingredients:

- $11 / 2$ cups whole wheat flour
- 1 cup wheat germ
- $1 / 2$ teaspoon salt
- 3 teaspoons baking powder
- 6 tablespoons regular nonfat dry milk
- 1 cup water
- 1 lightly beaten egg
- 3 tablespoons vegetable oil
- 3 tablespoons honey
- 1 cup peeled, diced fresh peach


## Instructions:

Combine dry ingredients. Make a well in the center, add liquid ingredients, and stir to moisten. Batter will be quite thick. Stir in peaches. Spoon into oiled muffin cups, filling $3 / 4$ for medium muffins, to the top for large ones. Bake for 25 to 35 minutes

## Parmesan Herb Muffins

## Internet

## Ingredients:

- 2 cups Unbleached flour
- $11 / 2$ teaspoons Baking powder
- $1 / 2$ teaspoon Sage leaves, crumbled
- $1 / 4$ cup Grated parmesan cheese
- $1 / 4$ cup Butter/margarine, melted
- 1 tablespoon Sugar
- $1 / 2$ teaspoon Baking soda
- $1 / 2$ cup Chopped fresh parsley
- $11 / 4$ cups Butter/sour milk
- 1 Large egg


## Instructions:

Grease bottoms of 12 muffin-pan cups or line with paper baking cups. Lightly spoon flour into measuring cup; level off. In large bowl, combine flour sugar, baking powder, baking soda, sage, parsley and cheese, blend well. Add butter/sour milk, margarine and egg; stir just until dry ingredients are moistened. Fill prepared muffin cups $2 / 3$ full. Bake at 400 degrees $F$. for 15 to 20 minutes or until toothpick inserted in center comes out clean. Serve hot.

## Peanut Butter Muffins

Internet

## Ingredients:

- $3 / 4$ cup flour
- 2 tablespoons sugar
- $1 \frac{1}{4}$ teaspoon baking powder
- $11 / 4$ teaspoon baking soda
- 6 tablespoons + 2 teaspoons powdered milk
- $1 / 4$ cup peanut butter
- $1 / 2$ cup +1 tablespoon buttermilk
- 1 egg


## Instructions:

Combine first 5 ingredients. Cut in nut butter with pastry knife or fork (or combine in food processor. Combine buttermilk and egg and add to above. Stir (process) until blended. Do not over-stir. Spray 8/12 of a muffin tin with non-stick spray and bake at 400 degrees for 15-20 minutes. Slightly underbake so the muffins remain moist.

## Pumpkin Muffins

## Internet

## Ingredients:

- $1 / 2$ cup Butter, slightly softened
- $3 / 4$ cup Firmly packed light brown sugar
- $1 / 4$ cup Molasses
- 1 Egg, well beaten
- 1 cup Pumpkin
- $13 / 4$ cups Flour
- 1 teaspoon Baking soda
- $1 / 4$ teaspoon Salt
- $1 / 4$ cup Finely chopped pecans


## Instructions:

Grease 18 muffin cups. Beat butter, brown sugar and molasses until well blended. Blend in egg and pumpkin. Stir flour, soda and salt into mixture. Fold in pecans. Half fill each cup with batter. Bake 15-20 minutes, until lightly browned and top springs back when lightly touched with fingertip.

## Pumpkin Oat Muffins

## Internet

## Ingredients:

- 1 cup Unbleached flour, sifted
- 1 teaspoon Pumpkin pie spice
- $1 / 2$ teaspoon Salt
- $1 / 2$ cup Brown sugar, packed
- $1 / 4$ cup Milk
- 1 cup Quick-cooking oats
- $1 \times$ Crumb topping
- 2 teaspoons Baking powder
- $1 / 4$ teaspoon Baking soda
- $3 / 4$ cup Canned, mashed, pumpkin
- 1 Large egg, slightly beaten
- $1 / 4$ cup Vegetable oil
- $1 / 2$ cup Raisins


## Instructions:

Sift together flour, baking powder, pumpkin pie spice, baking soda and salt; set aside. Combine pumpkin, brown sugar, egg, milk, oil, oats and raisins in bowl; blend well. Add dry ingredients all at once, stirring just enough to
moisten. Spoon batter into grease 3-inch muffin-pan cups, filling $2 / 3$ full. Sprinkle with crumb topping. Bake in 400 degree F. oven 18 to 20 minutes or until golden brown. Serve hot with homemade jelly or jam.

## CRUMB TOPPING:

Combine $1 / 2$ cup brown sugar (packed), 1 tablespoon unbleached flour, $1 / 4$ teaspoon pumpkin pie spice and 2 tablespoons butter or regular margarine in bowl. Mix until crumbly.

## Spicy Apricot Oat Muffins

Internet

## Ingredients:

- 2 cups Unbleached flour, sifted
- 3 teaspoons Baking powder
- 2 teaspoons Pumpkin pie spice
- 1 cup Chopped dried apricots
- 2 Large eggs, slightly beaten
- $1 / 4$ cup Vegetable oil
- $1 / 2$ cup Sugar
- 1 teaspoon Salt
- $1 / 2$ cup Quick-cooking oats
- $1 / 2$ cup Chopped walnuts
- $11 / 3$ cups Milk


## Instructions:

Sift together flour, sugar, baking powder, salt and pumpkin pie spice into large mixing bowl. Stir in oats, apricots, and walnuts. Combine eggs, milk and oil in small bowl; blend well. Add all at once to dry ingredients, stirring just enough to moisten. Spoon batter into greased 3-inch muffin-pan cups, fill $2 / 3$ full. Bake in 350 degree F. oven 30 minutes or until golden brown. Serve hot with butter and homemade jam or jelly.

## Toronto Bran Muffins

## Internet

## Ingredients:

- 3 cups $40 \%$ Bran Flakes cereal
- $1 / 2$ teaspoon Orange or vanilla extract
- $11 / 4$ cups Hot milk
- 2 tablespoons Oil
- 9 oz Box yellow cake mix
- 3 Eggs


## Instructions:

Combine cereal with hot milk in a $11 / 2$ quart mixing bowl and let it stand about 10 minutes---or until the cereal has absorbed all of the milk. With the electric mixer on high speed, beat in the oil and eggs till completely blended. Remove the beaters. Switch to a sturdy spoon and dump in the cake mix, stirring only to moisten all of it thoroughly---but don't over-mix or over-beat or the muffin texture will be heavy and tough. The batter will be a bit lumpy. Cover the bowl and let the batter stand 15 minutes while you preheat the oven to 400 F, and grease 12 muffin tin wells in Crisco, evenly. Divide batter equally between the 12 wells. If you are using cupcake tin wells, you will have 15 muffins. Bake at 400 for 20 to 25 minutes, or till golden brown. Wipe tops of each while still warm in softened butter or margarine.

