

Muffins

The nutty streusel topping tastes best on the plain muffins and all of the sweet variations.

Fast

Prep: 10 minutes **Bake:** 18 minutes
Oven: 400°F **Makes:** 12 muffins

- 1¾ cups all-purpose flour
- ⅓ cup sugar
- 2 teaspoons baking powder
- ¼ teaspoon salt
- 1 beaten egg
- ¾ cup milk
- ¼ cup cooking oil
- 1 recipe Streusel Topping (optional)

1. Grease twelve 2½-inch muffin cups or line with paper bake cups; set aside.
2. In a medium bowl combine flour, sugar, baking powder, and salt. Make a well in center of flour mixture; set aside.
3. In another bowl combine egg, milk, and oil. Add egg mixture all at once to flour mixture (see photo 1, right). Stir just until moistened (batter should be lumpy; see photo 2, right).
4. Spoon batter into prepared muffin cups, filling each two-thirds full (see photo 3, right). If desired, sprinkle Streusel Topping over muffin batter in cups. Bake in a 400° oven for 18 to 20 minutes or until golden and a wooden toothpick inserted in centers comes out clean. Cool in muffin cups on a wire rack for 5 minutes. Remove from muffin cups; serve warm.

Blueberry Muffins: Prepare as above, except fold ¾ cup fresh or frozen blueberries and, if desired, 1 teaspoon finely shredded lemon peel into batter.

Cranberry Muffins: Prepare as above, except combine 1 cup coarsely chopped cranberries and 2 tablespoons additional sugar; fold into batter.

Oatmeal Muffins: Prepare as above, except reduce flour to 1⅓ cups and add ¾ cup rolled oats to flour mixture.

Poppy Seed Muffins: Prepare as above, except increase sugar to ½ cup and add 1 tablespoon poppy seeds to flour mixture.

Nutrition Facts per muffin for plain, blueberry, cranberry, oatmeal, and poppy seed variations: 136 cal., 5 g total fat (1 g sat. fat), 19 mg chol., 128 mg sodium, 19 g carbo., 0 g fiber, 3 g pro.
Daily Values: 1% vit. A, 6% calcium, 5% iron
Exchanges: 1 Starch, ½ Other Carbo., ½ Fat

Banana Muffins: Prepare as at left, greasing muffin cups (do not use paper bake cups). Reduce milk to ½ cup. Stir ¾ cup mashed banana and ½ cup chopped nuts into flour mixture along with the egg mixture.

Nutrition Facts per muffin: 184 cal., 9 g total fat (1 g sat. fat), 18 mg chol., 126 mg sodium, 24 g carbo., 1 g fiber, 4 g pro.
Daily Values: 1% vit. A, 3% vit. C, 6% calcium, 6% iron
Exchanges: 1 Starch, ½ Other Carbo., 1½ Fat

Cheese Muffins: Prepare as at left, except stir ½ cup shredded cheddar cheese or Monterey Jack cheese into flour mixture.

Nutrition Facts per muffin: 155 cal., 7 g total fat (2 g sat. fat), 24 mg chol., 158 mg sodium, 19 g carbo., 0 g fiber, 4 g pro.
Daily Values: 2% vit. A, 10% calcium, 5% iron
Exchanges: 1 Starch, ½ Other Carbo., 1 Fat

Streusel Topping: Combine 3 tablespoons all-purpose flour, 3 tablespoons brown sugar, and ¼ teaspoon ground cinnamon. Cut in 2 tablespoons butter until mixture resembles coarse crumbs. Stir in 2 tablespoons chopped nuts.



1. Use the back of a wooden spoon to make a well in the center of the flour mixture. Carefully pour all of the liquid mixture into the flour mixture.



2. Using a wooden spoon, stir the batter just until the ingredients are moistened. Overmixing the batter can cause peaks, tunnels, and a tough texture.



3. Use a spoon and a rubber spatula to add batter to each muffin cup.

Sizing Up Muffins

Muffin cups come in all shapes and sizes, from bite-size minis to standard 2½-inch cups to jumbo muffins. You'll need to adjust the baking time according to the pan you choose. Mini muffins will bake about 8 minutes less than standard-size muffins. And for jumbo muffins, lower the oven temperature to 350°F and bake about 30 minutes.