

RECIPE: HOW TO MAKE MUFFINS

This is going to be your favourite “go to” basic muffin recipe. Think of this as a starting point for amazing creations. You get to decide the “mix-ins”, whether it be fruits, veggies, nuts, seeds, flavours and substitutions of different grains. Let’s do this!

TOOLS

- 1 muffin tin - this makes 12 muffins, more if you add “mix ins”
- Muffin cup liners, or non stick cooking or baking spray if you’re not using liners
- Bowl and spatula
- Ice cream scoop if you have one
- Measuring cups and spoons

HOW TO MAKE SWAPS: You can also combine these, but stop at 1 cup total.

- **To make a richer muffin:** Substitute brown sugar for granulated.
- **To make berry or fruit muffins:** Add 1 cup of berries or 1 cup of chopped and well drained apples, peaches, you can even add a couple tablespoons of jam!
- **To add dried fruit:** 1/2 cup of raisins, or chopped dried cranberries, apples, apricots, etc
- **To make chocolate chip muffins:** 1 cup of chocolate chips
- **To make nut muffins:** Add $\frac{3}{4}$ cup of chopped nuts

INGREDIENTS

- 2 cups all-purpose flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- ¾ cup white sugar
- 1 egg
- 1 cup milk
- ¼ cup vegetable oil BUT you could also use ¼ cup melted butter or margarine
- 1 teaspoon vanilla extract (optional)

DIRECTIONS

1. Preheat the oven to 350°F. Line a muffin pan with paper liners; set aside.
2. Stir flour, baking powder, salt, and sugar together in a large bowl; make a well in the center.
3. In a separate bowl, whisk together your egg, milk, oil and vanilla.
4. Pour egg mixture all at once into flour mixture; and mix quickly with a spatula. Lumps are ok!
5. Spoon batter into the prepared muffin cups, filling each ¾ full. You can use an ice cream scoop, or measure about 3 tablespoons per well.
6. Bake in the preheated oven until the tops spring back when lightly pressed, about 22 minutes.