

Build Your Own Muffin Recipe

So here's a recipe that's been tweaked by women over the years to let you use whatever you've got on hand. How it works: The left column of the table is the basic recipe. If you just follow that recipe, you will have a basic, simple muffin. The right column contains suggestions for optional substitutions.

2 – 2 1/2 cups flour	Substitute whole wheat flour, cornmeal, quick oats, or flake cereal for up to one cup of the flour. If using whole wheat flour, increase baking powder by 1/2 teaspoon. If using quick oats, substitute 2 cups oats for 1 cup flour. Bran may be used in place of one-fourth of the flour. Leftover cooked grains may also be used (puree in blender first and substitute up to one cup of puree for 1/2 cup of flour).
2 tablespoons to 1 cup sugar	Range varies based on the type of muffin you are making. Sweet morning muffins need more sugar than savory dinner muffins. Or substitute up to 1/2 cup honey or molasses for one cup of sugar, but decrease milk to 3/4 of a cup. Up to 3/4 cup brown sugar may be substituted for white sugar.
1/2 teaspoon salt	
1 tablespoon baking powder	If you are using acidic ingredients like buttermilk, sour milk, mashed fruit, or a lot of brown sugar, use 1/2 teaspoon baking soda and 1 to 1 1/2 teaspoons baking powder instead of the 1 tablespoon of baking powder.
1 cup milk	Substitute 1 cup water (with the wet ingredients) plus 1/4 cup dry milk (with the dry ingredients), fruit juice, buttermilk, or sour milk.
2 eggs	Use 2 egg whites, egg substitute, 2 tablespoons egg powder plus 1/4 cup water, or 2 heaping tablespoons of soy flour plus 2 tablespoons of water.
1/3 cup oil	1/3 cup melted butter or peanut butter
1 teaspoon vanilla	Omit for savory muffins
1 teaspoon cinnamon	Omit for savory muffins
Up to 1 1/2 cups total of optional additions	1/2 to 1 cup of chopped apples, mashed bananas, blackberries, blueberries, grated carrots, cranberries, peaches, raisins, strawberries, or grated zucchini. 1/2 to 1 cup of nuts, raisins, sunflower seeds, or coconut
Spices	1/2 to 1 teaspoon of spices to complement the flavors in your muffin. Also, 1-2 teaspoons of grated orange or lemon peel may be added.

Instructions:

Combine dry ingredients. Combine wet ingredients. Stir the two together just until moistened. Do not over mix. Spoon into muffin tins and bake at 400 degrees for 15-20 minutes, just until golden brown.

Toppings to add before baking:

- Sugar: Sprinkle each muffin with 1/2 teaspoon sugar for a sparkly, crunchy top.
- Streusel: 1 tablespoon softened butter, 2 tablespoons sugar (white or brown), 1/4 cup flour, and 1 teaspoon cinnamon.
- Coconut: 1 tablespoon softened butter, 2 tablespoons sugar, 1/4 cup coconut.
- Nuts: If you sprinkle the nuts on top of the muffin rather than adding them to the batter, only the people who like nuts will have them, and they don't get wasted on people who don't appreciate them.

Toppings to add after baking:

- Brush with melted butter and then dip tops in cinnamon and sugar.

- Brush with maple syrup.
- Drizzle with 1-2 teaspoons of milk and 1/2 cup powdered sugar.

Here are some different versions of the basic muffin recipe.

- **Apple:** Substitute 1 1/2 cups of applesauce for the milk and add in 1 tablespoon of cinnamon.
- **Banana:** Mash 1-2 ripe bananas and reduce milk to 1/2 cup. Use 1 1/2 teaspoons baking powder and 1/2 teaspoon baking soda. Sprinkle tops with chocolate chips and nuts, if desired.
- **Blueberry:** Reduce sugar to 1/2 cup. Add 1 cup blueberries and 1/2 teaspoon nutmeg.
- **Chocolate raspberry:** Add 1/4 to 1/2 cup raspberry jam to wet ingredients, or 3/4 cup fresh raspberries, and 1/2 cup chocolate chips.
- **Carrot, pumpkin, or zucchini:** Add 1 cup pumpkin puree or grated carrots or zucchini. Use 1/2 cup milk and 1/2 to 1 cup of sugar. Add 1 teaspoon cinnamon and 1/2 teaspoon nutmeg, ginger, or cloves.
- **Jelly filled:** Fill muffin cups halfway. Add 1-2 teaspoons of jam or jelly to the center of each. Carefully spoon two more tablespoons of muffin batter on top.
- **Savory muffins:** Reduce sugar to 2 tablespoons. Add some of the following: 1/2 cup grated cheese, 3 strips crumbled bacon, 2 tablespoons grated onion, 1/2 cup shredded zucchini, 2 tablespoons Parmesan cheese.