

Blueberry Muffins

1 cup milk
1 egg
1/3 cup vegetable oil
1/2 cup frozen blueberries, rinsed

2 cups all-purpose flour
2 teaspoons baking powder
1/2 cup sugar

1. Preheat oven to 400° F. Lightly grease 24 mini muffin cups.
2. In a large bowl, stir together milk, egg, oil, and blueberries.
3. Stir together flour, baking powder, sugar.
4. Make a well in the flour mixture.
5. Add liquid mixture to dry mixture and gently mix batter until just combined.
6. Spoon batter into prepared muffin cups about 3/4 full.
7. Bake in preheated oven until golden brown, about 20 minutes. Immediately remove from pan.

Banana Crumb Muffins

1 1/2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt

1 cup mashed bananas
3/4 cup sugar
1 egg, lightly beaten
1/3 cup butter, melted

1/3 cup brown sugar
2 tablespoons all-purpose flour
1/8 teaspoon ground cinnamon

1 tablespoon butter

1. Preheat oven to 375° F. Lightly grease 24 mini muffin cups.
2. In large bowl, mix together 1 1/2 cups flour, baking soda, baking powder and salt.
3. In another bowl, stir together bananas, sugar, egg and melted butter.
4. Make a well in the flour mixture.
5. Stir the banana mixture into the flour mixture just until moistened.
6. Spoon batter into prepared muffin cups about 3/4 full.
7. In small bowl, mix together brown sugar, 2 tablespoons flour and cinnamon.
8. Cut in 1 tablespoon butter until mixture resembles coarse cornmeal. Sprinkle topping over muffins.
9. Bake in preheated oven until golden brown, about 18-20 minutes.

Banana Crumb Muffins

1 1/2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt

1 cup mashed bananas
3/4 cup sugar
1 egg, lightly beaten
1/3 cup butter, melted

1/3 cup brown sugar
2 tablespoons all-purpose flour
1/8 teaspoon ground cinnamon

1 tablespoon butter

1. Preheat oven to 375° F. Lightly grease 24 mini muffin cups.
2. In large bowl, mix together 1 1/2 cups flour, baking soda, baking powder and salt.
3. In another bowl, stir together bananas, sugar, egg and melted butter.
4. Make a well in the flour mixture.
5. Stir the banana mixture into the flour mixture just until moistened.
6. Spoon batter into prepared muffin cups about 3/4 full.
7. In small bowl, mix together brown sugar, 2 tablespoons flour and cinnamon.
8. Cut in 1 tablespoon butter until mixture resembles coarse cornmeal. Sprinkle topping over muffins.
9. Bake in preheated oven until golden brown, about 18-20 minutes.

Banana Crumb Muffins

1 1/2 cups all-purpose flour
1 teaspoon baking soda
1 teaspoon baking powder
1/2 teaspoon salt

1 cup mashed bananas
3/4 cup sugar
1 egg, lightly beaten
1/3 cup butter, melted

1/3 cup brown sugar
2 tablespoons all-purpose flour
1/8 teaspoon ground cinnamon

1 tablespoon butter

1. Preheat oven to 375° F. Lightly grease 24 mini muffin cups.
2. In large bowl, mix together 1 1/2 cups flour, baking soda, baking powder and salt.
3. In another bowl, stir together bananas, sugar, egg and melted butter.
4. Make a well in the flour mixture.
5. Stir the banana mixture into the flour mixture just until moistened.
6. Spoon batter into prepared muffin cups about 3/4 full.
7. In small bowl, mix together brown sugar, 2 tablespoons flour and cinnamon.
8. Cut in 1 tablespoon butter until mixture resembles coarse cornmeal. Sprinkle topping over muffins.
9. Bake in preheated oven until golden brown, about 18-20 minutes.

Apple Muffins

2 cups all-purpose flour
2 teaspoons baking powder
1/4 cup sugar
1/2 teaspoon ground cinnamon
1/2 teaspoon salt

1 cup milk
1 egg, beaten
1/4 cup butter, melted

1 cup apple-peeled, cored and chopped

1. Preheat oven to 400° F. Lightly grease 24 mini muffin cups.
2. Stir together flour, baking powder, sugar, cinnamon and salt.
3. In separate bowl, stir together milk, egg and butter.
4. Make a well in the flour mixture and add liquid mixture.
5. Stir batter together until just combined.
6. Fold in chopped apples.
7. Spoon batter into prepared muffin cups about 3/4 full.
8. Bake in preheated oven for until golden brown, about 20 minutes. Immediately remove from pan.

Cranberry Applesauce Muffins

1 cup unsweetened applesauce
1/3 cup vegetable oil
1 egg, beaten

2 cups all-purpose flour
1/2 cup sugar
1 teaspoon baking soda
1 teaspoon ground cinnamon
1/2 teaspoon salt

1 cup fresh or frozen cranberries, chopped

1. Preheat oven to 350° F. Grease and flour mini muffin pan.
2. In small bowl, mix together applesauce, oil and egg.
3. In large bowl, combine flour, sugar, baking soda, cinnamon and salt.
4. Make a well in the middle of the flour mixture and pour in the egg mixture. Stir until just moistened.
5. Fold in cranberries.
6. Spoon batter into prepared muffin cups about 3/4 full.
7. Bake in preheated oven until golden brown, about 25-30 minutes. Cool in pan two minutes before removing.

Lemon Poppy Seed Muffins

1/3 cup milk
1/4 cup vegetable oil
2/3 cup nonfat lemon yogurt
1 egg

1 3/4 cup all-purpose flour
1/4 cup sugar
2 tablespoons poppy seeds
1 tablespoon lemon zest
1/4 teaspoon lemon extract
2 1/2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

1. Preheat oven to 400° F. Greases the bottoms only of 24 mini muffin cups.
2. Beat the milk, oil, lemon yogurt, and egg together with a wire whisk.
3. Stir together the flour, sugar, poppy seeds, lemon zest, lemon extract, baking powder, baking soda and salt.
4. Make a well in the flour mixture and add the liquid mixture, stirring with a wooden spoon until just combined.
5. Fill muffin cups about 3/4 full.
6. Bake until golden brown, about 16-18 minutes. Immediately remove from pan.