

Bran Muffin

½ cup oil
½ cup molasses
2 eggs
½ cup sugar
2 cups buttermilk
1 cup whole wheat flour
1 ½ cup all purpose flour
2 ½ tsp baking soda
½ tsp salt
2 cup bran flakes
1 cup diced walnuts or dates or raisin (optional)

Cream sugar and oil. Add eggs, molasses and buttermilk.
Combine flours, baking soda and salt. Add along with bran flakes,
Walnuts, dates or raisin to wet ingredients.
Mix until just moistened, don't over-mix.

Fill greased or lined muffin tins and 2/3 full.
Bake at 350 for 15 to 20 minutes.

Barb Selis – February 24, 2021

Cherry Muffins

From *Pinterest*

Ingredients

- $\frac{3}{4}$ c. sugar
- $\frac{1}{2}$ c. milk
- $\frac{1}{2}$ c. vegetable oil
- 1 egg
- 1 tsp. vanilla extract
- 2 c. all-purpose flour
- 2 tsp. baking powder
- 16 oz. jar maraschino cherries, drained & chopped
- 2 T. reserved cherry juice
- Cooking spray
- 12 whole maraschino cherries

For the glaze

- 1 c. powdered sugar
- 1 T. butter, melted
- 1 $\frac{1}{2}$ T. reserved cherry juice

Instructions

1. Preheat oven to 400. Prep 12 muffin tin cups
2. Place the sugar, milk, oil, egg, and vanilla in a large bowl. Whisk to combine.
3. Add the flour and baking powder, then stir until just combined.
4. Add the cherries and cherry juice to the bowl, stirring gently until well mixed.
5. Spoon the batter evenly into the muffin tins.
6. Bake for 12-14 minutes or until the edges are just browned. Cool the muffins completely before adding the glaze.
7. To make the glaze, whisk the ingredients together until smooth. Add more cherry juice a 1 tsp. at a time for a thinner glaze.

Barbie Coleman – February 2021

Healthy Morning Glory Muffins

Adapted from a Pinterest recipe

*(original amounts and food item)

INGREDIENTS

- $\frac{3}{4}$ cup all-purpose flour
- $\frac{3}{4}$ cup whole wheat flour
- $\frac{1}{2}$ cup packed brown sugar
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{2}$ tsp baking powder
- 1 tsp cinnamon *($\frac{1}{2}$ tsp. cinnamon)
- $\frac{1}{2}$ tsp. nutmeg *($\frac{1}{4}$ tsp. nutmeg)
- $\frac{1}{2}$ tsp salt
- 1 cup whole flake rolled oats
- $\frac{1}{2}$ cup raisins
- 3 Tbsp canola oil
- 1 egg
- $\frac{2}{3}$ cup milk *($\frac{1}{3}$ cup milk)
- 1 cup grated carrot
- 1 cup crushed pineapple, drained *(1 cup grated zucchini)
- 1 ripe banana, mashed
- $\frac{1}{2}$ cup pumpkin seeds

INSTRUCTIONS

1. Preheat oven to 400°F. Coat a 12-cup muffin pan with cooking spray or insert muffin cups.
2. In a large bowl whisk together flours, brown sugar, baking soda, baking powder, cinnamon, nutmeg and salt. Stir in oats and raisins.
3. Add canola oil, egg, milk, carrots, zucchini and banana; stir until blended.
4. Fill each muffin cup to the top. Sprinkle with pumpkin seeds, if using. Bake 17-22 minutes.

Jeanne Nygard – February 2021

Coconut Key Lime Muffins with Glaze

From *Pinterest*

Ingredients

- 1 ½ c. all-purpose flour
- 1 ½ tsp. baking powder
- ½ tsp. baking soda
- ½ tsp. salt
- 8 T. unsalted butter
- 1 c. sugar
- 2/3 c. whole Greek yogurt
- 2 eggs
- 3 T. Key Lime juice
- 1 T. Key Lime zest
- ¾ c. sweetened coconut flakes

For the Glaze

- 4 T. powdered sugar
- 1 T. Key Lime juice

Instructions

1. Preheat oven to 350. Line 12 muffin cups with paper liners
2. In a medium bowl, whisk together flour, baking powder, baking soda, and salt until combined. Set aside.
3. In a large bowl, beat together butter and sugar until combined. Beat in yogurt, eggs, Key Lime juice and zest.
4. Add dry ingredients and stir until just combined.
5. Fill muffin tins 2/3 full. Top with coconut
6. Bake 18-20 minutes.
7. Let cool.

Glaze

1. Place powder sugar and Key Lime juice in a small bowl and mix well.
2. After muffins have cooled completely drizzle glaze onto each muffin.

Barbie Coleman – February 2021

Pistachio Muffins

From *Pinterest*

Ingredients

- ½ c. salted butter, melted
- ¾ c. granulated sugar
- 2 large eggs
- 1 tsp. vanilla
- 3.4 pkg. instant pistachio pudding mix
- 2 tsp. baking powder
- ½ tsp. salt
- ½ c. milk
- 2 c. all-purpose flour
- ¼ c. granulated sugar for topping

Instructions

1. Preheat oven to 425 and line muffin tins with paper liners
2. In a large bowl, use a hand mixer to beat together melted butter with sugar, about 1 minute. Add in eggs and vanilla extract and beat until just combined.
3. Add in pistachio pudding mix, baking powder, salt, and milk. Mix to combine. Add in flour and mix until flour has been incorporated.
4. Fill muffin cups ¾ full. Sprinkle tops with sugar crystals. (optional)
5. Bake in preheated 425 degree oven for 7 minutes. After 7 minutes, reduce the heat in the oven to 350 and continue baking for 10 minutes until muffins are cooked all the way through. Remove from muffin tin and transfer to a wire rack to cool completely.

Barbie Coleman – February 2021

CRANBERRY ORANGE CRUNCH MUFFINS

Nancy Leventon

From King Arthur Baking Sift Magazine

2 cups AP flour
½ cup granulated sugar
2 tsp baking powder
½ tsp salt
1 cup dried cranberries
1 large egg

¼ cup vegetable oil
¾ cup milk
¼ cup orange juice
1 Tsp grated orange zest

Topping:

¼ cup finely chopped walnuts or pecans
¼ cup packed brown sugar
½ tsp cinnamon

Preheat the oven to 400 degrees. Lightly grease the wells of a 12-cup muffin pan, or line with papers and grease the insides of the papers. Use cooking spray.



For the batter: In a medium bowl, whisk together the flour, sugar, baking powder and salt. Stir in the cranberries, stirring to coat them with the dry ingredients.

In another bowl, whisk together the egg, vegetable oil, milk, orange juice and orange zest. Stir the wet ingredients into the dry, mixing thoroughly. Scoop the batter in the prepared pan, filling each well ¾ the way full.

For the topping: combine all of the ingredients and sprinkle 1 Tbs of the mixture over the top of each muffin.

Bake for 20-25 minutes, until the center of a muffin springs back when lightly touched and a tester comes out clean. Remove from the oven and cool in the pan for 5 minutes before turning out of the pan and placing on a rack to finish cooling.

Nancy's notes: Reduce the oven heat by 25 degrees. I use a gold finish muffin pan, and they seemed to bake too quickly. These muffins were too brown in just 20 minutes. Forget the nuts. They made a mess on my countertop. Would be just as good without the nuts. Orange zest: I thought that the orange flavor was minimal. Next time I'll use a couple of tablespoons of the candied orange peel that I buy from King Arthur Baking. It would be good in this recipe. It is like **bits** of orange peel. Slight sweet.