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Healthy Make Ahead and Freeze Muffins



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How to Freeze Muffins

Freezing muffins is a pretty simple process. There are two ways to freeze muffins. Neither is complicated and personal circumstances and preferences will determine which way works best for you.

The first way to freeze your muffins is to bake them as directed in the recipe. Allow the muffins to cool completely. Place the muffins in a large freezer bag. Be sure to remove as much air as possible before sealing the bag. Place the bag in the freezer. The muffins can stay in the freezer for up to 3 months. To reheat - just pop them out of the freezer and place them back in the muffin tin. Place them in a 350 degree oven until heated through. You can also allow them to thaw completely and reheat them in the microwave at 20 second intervals until they are as warm as you like.

The second way to freeze muffins is by mixing the batter as directed in the recipe. Place the batter in the muffin tin just like you would if baking them right away. Place the muffin tin in the freezer and allow the batter to freeze solid. If you have a flexible muffin tin you can simply twist the tin and pop the muffins out. If your muffin tin is not flexible, use a butter knife and break the muffin loose from the sides. Slide the knife up under the muffin and work it back and forth until the muffin comes loose. Place the frozen muffin batter into a large freezer bag releasing as much air as possible before sealing.

Muffin batter frozen in a tin can be kept for up to 4 months before going bad. When ready to bake, just remove them from the freezer and place them back in the muffin tin. Allow the batter to thaw completely and bake as directed on the recipe.

Either way you choose, freezing muffins can save tons of time and money. Buy ingredients when they go on sale and make a couple dozen muffins at once. Freeze them and enjoy a yummy muffin for breakfast or as an afternoon snack anytime.

Just Add to Me Muffin Mix

What You Need:

2 C all purpose flour
1/3 C sugar
1 T baking powder
3/4 tsp salt
1/4 C canola oil
2 egg whites
1 C skim milk

How to Make It:

Place the flour, sugar, baking powder and salt in a large mixing bowl.
Blend all the ingredients together well.
In a separate bowl blend the oil, egg whites and milk until blended completely together.
Pour into the dry mixture.
Mix just until everything is moistened.
Preheat the oven to 400 degrees.
Prepare a muffin tin with a non stick cooking spray.
Fill each muffin cup 2/3 full of batter.
Bake 20 to 25 minutes or until a toothpick inserted in the center of a couple of muffins comes out clean.

This is just a basic muffin recipe. You can anything you like to make these your own special muffins such as fresh or frozen berries, baking chips, nuts or even finely chopped vegetables. All muffins will be mixed together the same way just add your additions once the batter is completely mixed together. Bake as directed in this recipe.

An Apple a Day Muffin

What You Need:

3/4 C canola oil
2 C sugar
Enough egg substitute to equal 2 eggs or 2 egg whites
1 tsp vanilla
2 C unsweetened applesauce
4 C all purpose flour
2 tsp baking soda
1 tsp cinnamon
1/2 tsp allspice
1/2 tsp cloves

How to Make It:

Preheat oven to 350 degrees.
Place the sugar in a large mixing bowl.
Pour in the canola oil and stir until creamy.
Add the egg substitute and the vanilla.
Stir until mixed well.
Gently fold in the applesauce.
In another large mixing bowl sift together the flour, baking soda, cinnamon, allspice and cloves.
Slowly add them to the sugar mixture and mix just until moistened.
Spray the muffin tin with a non stick cooking spray.
Pour each cup 3/4 full of batter.
Bake 20 minutes and test with a toothpick before removing.

Muffins are a great fast breakfast. Serve them with a glass of milk or juice.

Goey Chocolate Chip Muffins

What You Need:

1 1/2 C all purpose flour
1 C sugar
1/4 C baking cocoa
1 tsp baking soda
1/2 tsp salt
1/4 tsp baking powder
2 ripe bananas, mashed
1/3 C canola oil
Enough egg substitute to equal 1 egg or 2 egg whites
1/2 C miniature semisweet chocolate chips

How to Make It:

Preheat oven to 350 degrees.
Spray the muffin cups with a non stick cooking spray.
Place the flour, sugar, cocoa, baking soda, salt and baking powder in a large mixing bowl.
Stir to combine.
In a small mixing bowl mix together the oil and bananas.
Add the egg substitute and stir well.
Carefully pour the mixture into the dry ingredients.
Mix to combine just until the dry mixture is moistened completely.
Carefully stir in the chocolate chips.
Fill each cup 2/3 full.
Bake 22 minutes or until toothpick inserted in the center comes out clean.

These muffins make a great after school snack with a large glass of milk.

Grandmas Super Moist Oatmeal Muffins

What You Need:

1 C oats, quick cooking or instant
1 C buttermilk
Enough egg substitute to equal 1 egg or 2 egg whites
1/2 C brown sugar, packed
1/4 C canola oil
1 C all purpose flour
1 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt

How to Make It:

Pour the buttermilk in a large mixing bowl.
Add the oats and stir to be sure all the oats are moistened.
Allow the oats to soak in the buttermilk for 20 minutes.
After the oats have soaked add the eggs, sugar and oil.
In a separate bowl mix together the flour, baking powder, baking soda and salt.
Slowly add the dry mixture to the oats and stir just until moistened.
Preheat the oven to 400 degrees.
Grease a muffin tin with a non stick cooking spray.
Fill the cups 2/3 full of batter.
Bake 15 minutes or until a toothpick comes out clean.

If you like a moist muffin these will be sure to please.

Cool Cranberry Muffins

What You Need:

2 egg whites or a substitute equal to 1 egg
1 C skim milk
1 C fresh cranberries, cut up
1/4 C canola oil
2 C all purpose flour
1/4 C sugar
1 T orange peel, grated
3 tsp baking powder
1 tsp salt

How to Make It:

Place the eggs in a large mixing bowl and slightly beat.
Add in the milk, cranberries and oil and stir well.
Add the flour, sugar, orange peel, baking powder and salt.
Mix until just moistened.
Preheat oven to 400 degrees.
Spray the muffin cups with a non stick cooking spray.
Fill each cup 3/4 full of batter.
Bake 25 minutes or until muffins a light brown.

When mixing muffins remember that the batter will be slightly lumpy. This helps to keep the muffins moist while baking.

Cinnamon Surprise Muffins

What You Need:

1/4 C canola oil
1/2 C sugar
Enough egg substitute equal to 1 egg or 2 egg whites
1 1/2 C cake flour
1 1/2 tsp baking powder
1/2 tsp salt
1/4 tsp nutmeg
1/2 C skim milk
1/2 C sugar
1 tsp cinnamon

How to Make It:

Preheat oven 325 degrees.
Coat the muffin tin cups with a non stick cooking spray.
Cream the oil, 1/2 C sugar and eggs together in a large mixing bowl.
Place the flour, baking powder, salt and nutmeg together in a separate bowl.
Alternate between the dry ingredients and the milk and place into the creamed mixture.
Stir until just combined with each addition.
Fill the muffin cups about 3/4 full.
Bake 20 minutes or until lightly brown and toothpick inserted in the center comes out clean.
Mix the 1/2 C sugar and cinnamon together well in a small bowl.
While still hot turn the muffins upside down and coat the tops with the sugar mixture.

One of the lightest muffins ever made. With the cinnamon and sugar mixture as a topping these muffins please even the pickiest of eaters.

I Like Coffee Muffins

What You Need:

2 C all purpose flour
3/4 C sugar
1 1/2 tsp baking powder
1 tsp cinnamon
1/2 tsp salt
1 C skim milk
2 T instant coffee
1/4 C canola oil
2 T canola oil
2 egg whites
1 tsp vanilla
1/2 C miniature semisweet chocolate chips

How to Make It:

Preheat oven to 375 degrees.
Spray a muffin tin with a non stick cooking spray.
Mix together the flour, sugar and baking powder in a large mixing bowl.
Add in the cinnamon and salt and mix well.
Place the milk and coffee in a separate bowl.
Stir until the coffee is completely dissolved.
Stir in the oil, eggs and vanilla.
Continue stirring until the ingredients are mixed together completely.
Pour into the flour mixture and stir until just moistened.
Add the chocolate chips and stir well.
Fill each muffin cup 3/4 full of the batter.
Bake 15 minutes or until a toothpick inserted in the center of the center muffin comes out clean.

These muffins are a great addition to any lazy time. Be sure to have that cup of coffee also to help you relax and enjoy your few minutes of Mom time.

Fall Streusel Muffins

What You Need:

1/2 C canned pumpkin
1/2 C skim milk
2 eggs whites or enough egg substitute to equal 1 egg
2 C reduced fat baking mix
1/4 C sugar
1/2 tsp nutmeg
1/2 tsp cinnamon
1/2 tsp ginger
2 T sugar
1 T reduced fat baking mix
1/4 tsp cinnamon
2 tsp butter, cold

How to Make It:

Preheat the oven to 400 degrees.

Spray a muffin tin with a non stick cooking spray.

In a large mixing bowl stir together the pumpkin, milk and egg until smooth.

In a separate mixing bowl sift together the 2 C baking mix and 1/4 C sugar.

Add in the cinnamon, ginger and nutmeg and blend well.

Pour the batter into each muffin cup.

In a small bowl mix together the 2 T sugar, 1 T of baking mix and the 1/4 tsp of cinnamon.

Cut in the butter until mixture becomes crumbly.

Sprinkle the mixture over the top of the muffin batter.

Bake 15 minutes or until a toothpick inserted comes out clean, be sure not to overcook.

Stirring the batter too long can make for hard muffins. Only stir long enough to moisten any dry ingredients. Lumps are just fine when it comes to muffin batter.

Pumpkin and Spice and Apples Are Nice

What You Need:

2 1/2 C all purpose flour
2 C sugars
1 T pumpkin pie spice
1 tsp baking soda
1/2 tsp salt
4 egg whites
1 C canned pumpkin
1/2 C canola oil
2 C apples, peeled and chopped fine
1 C sugar
1 tsp cinnamon

How to Make It:

Preheat the oven to 350 degrees.

Lightly coat the muffin cups with a non stick cooking spray.

Place the flour, sugar, pie spice, baking soda and salt in a large mixing bowl.

Blend all the ingredients together well.

In a separate bowl combine the egg whites, pumpkin and oil being sure to mix well.

Add the pumpkin mixture to the flour mixture.

Mix well to moisten but don't over mix.

Fold in the apple pieces.

Bake 30 minutes or until a golden brown and a toothpick tests clean.

Mix the 1 C sugar and 1 tsp cinnamon together in a small bowl being sure it is mixed together well.

Remove from pan while still hot.

Rub the top of the muffins in the cinnamon mixture.

Cool slightly before serving.

These make great treats for those ghosts and goblins to take home for a Halloween treat.

Thanksgiving Morning Muffins

What You Need:

1 1/2 C all purpose flour
1/2 C quick oats
1/2 C pecans, chopped
1 tsp baking powder
2 tsp pumpkin pie spice
1/2 tsp baking soda
1/2 tsp salt
1 C canned pumpkin
4 egg whites
1/2 C honey
1/3 C apple juice
1/4 C canola oil
2 T quick oats

How to Make It:

Spray a muffin tin with a non stick cooking spray.

Preheat oven to 375 degrees.

Sift together the flour, baking powder, pumpkin pie spice, baking soda and salt.

Add 1/2 C oats and the pecans and blend together.

In a separate bowl blend the pumpkin and egg whites being sure they are mixed together well.

Add the honey, apple juice and oil and continue mixing until well combined.

Pour the pumpkin mixture into the flour mixture.

Mix until just moistened.

Pour the batter into the muffin cups.

Sprinkle the tops with the 2 T oats.

Bake 25 minutes or golden brown.

This muffin is perfect for Thanksgiving morning. Make them ahead of time and just pop them in the microwave for all your holiday guests. Your guests will be satisfied but not too full to eat that wonderful turkey in a few hours.

Sunny Apricot Muffins

What You Need:

2 C all purpose flour
1/3 C sugar
1 T baking powder
3/4 tsp salt
1/4 C canola oil
2 egg whites
1 C skim milk
1 C apricot preserves

How to Make It:

Place the flour, sugar, baking powder and salt in a large mixing bowl.
Blend all the ingredients together well.
In a separate bowl blend the oil, egg whites and milk until blended completely together.
Pour into the dry mixture.
Mix just until everything is moistened.
Preheat the oven to 400 degrees.
Prepare a muffin tin with a non stick cooking spray.
Fill each muffin cup 1/2 full of batter.
Place a tsp of apricot preserves on the top of the batter.
Add the remaining batter to the top of each muffin.
Bake 20 to 25 minutes or until a golden brown.

Any type of preserves can be used for these muffins. Use a low sugar preserve for an even healthier muffin.

Marvelous Marmalade Muffins

What You Need:

1 1/2 C all purpose flour
1 C wheat flour
1 2/3 C sugar
2 tsp baking powder
1/2 tsp salt
2/3 C canola oil
Enough egg substitute to equal 3 eggs
2/3 C orange juice
1 tsp vanilla extract
1 tsp orange extract
1 T orange marmalade
1/2 C walnuts, chopped (optional)

How to Make It:

Prepare a muffin tin by spraying each cup with a non stick cooking spray.
Preheat oven to 350 degrees.
Sift together the flour, wheat flour, sugar, baking powder and salt.
Blend in the oil and egg substitute.
Carefully pour in the orange juice, vanilla extract and orange extract.
Add the marmalade and blend well.
Fold in the walnuts.
Fill each muffin cut 3/4 full of batter.
Bake 15 minutes or until lightly brown and a toothpick comes out clean.

These are great served with a little marmalade on the side. Any type of marmalade will work just leave out the orange extract if not using the orange marmalade.

Lil Peach of a Muffin

What You Need:

1/3 C plus 1 T olive oil
1 C sugar
Enough egg substitute to equal 2 eggs
1/2 tsp vanilla
1 1/4 C all purpose flour
2 T poppy seeds
1 tsp baking soda
1/4 tsp salt
1 (6 oz) jar of peach baby food

How to Make It:

Preheat the oven to 350 degrees.
Prepare a muffin tin with paper cups.
Cream together the oil, sugar, egg substitute and vanilla.
In a separate bowl mix well the flour, poppy seeds, baking soda and salt.
Place 1/3 of the flour mixture into the creamed mixture.
Add 1/3 of the baby food and mix well.
Continue with 1/3 of each mixing after each baby food addition until all is used.
Pour the batter into each of the paper cups.
Bake 22 minutes or until muffins indent slightly and bounce back when touched.

Give these muffins a little different taste by using a different fruit type baby food.
They are moist and so wonderfully delicious.

Hunter's Cornbread Muffins

What You Need:

2 C white corn meal
1 tsp salt
2 C boiling water
2 C skim milk
4 egg whites
4 tsp baking powder
1 T margarine, melted

How to Make It:

Preheat the oven to 425 degrees.

Spray a muffin tin well with a non stick cooking spray.

Place the corn meal and salt in the large mixing bowl and blend together.

Pour the boiling water over the cornmeal and quickly stir until the corn meal is moistened well.

Add the milk and again stir quickly or the corn meal will ball up.

With an electric mixer on low speed, beat in the egg whites until mixed in well.

Add the baking powder and continue to beat for 1 minute.

Add the melted margarine and mix with a rubber spatula until incorporated into the mix well.

Pour each muffin cup 3/4 full of the batter.

Bake 20 minutes or until golden brown and a toothpick inserted in the center comes out clean.

These muffins set off a great pork roast or pork chop meal. Spread a little margarine on the top of each muffin before serving.

Buttermilk Molasses Bran Muffin

What You Need:

Enough egg substitute to equal 2 eggs
1/2 C sugar
1/4 C molasses
1 1/2 C buttermilk
1/4 C canola oil
1 1/2 C all purpose flour
1 tsp salt
1 1/2 tsp baking soda
2 1/2 C bran

How to Make It:

Preheat oven to 400 degrees.
Spray the cups of a muffin tin generously with a non stick cooking spray.
Place the egg substitute in a large mixing bowl.
Add the sugar, molasses, buttermilk and canola oil.
Beat together well.
Place the flour, salt and baking soda into the liquid mixture.
Add the bran and mix well.
Pour the batter into the prepared muffin tin filling each cut 3/4 full.
Bake 20 minutes or until light brown on top.

When tasting your muffins if they seem to have a coarse texture it probably means you didn't stir the batter quite enough or you may have baked your muffins at too low of an oven temperature.

Cinnanut Soy Muffin

What You Need:

- 1 C soybean flour
- 1 C all purpose flour
- 1 tsp salt
- 2 tsp baking powder
- 2 T sugar
- 3/4 C skim milk
- Enough egg substitute to equal 1 egg
- 1 T canola oil
- 1 tsp cinnamon
- 1 C pecans, chopped

How to Make It:

Preheat oven to 425 degrees.

Spray each muffin cup with a non stick cooking spray.

Sift both flours, the salt, baking powder and sugar together in a large mixing bowl.

In a separate bowl whisk together the milk, egg substitute and oil.

Pour the liquid into the flour mixture.

Beat together just enough to moisten the dry ingredients the batter should be slightly lumpy.

Fold in the cinnamon and nuts with a wooden spoon just until mixed in.

Pour the batter into the muffin cups to fill each 3/4 full.

Bake 18 minutes or until a toothpick inserted comes out clean.

After baking the muffins they come out tough and slightly soggy the batter has been over stirred. By over mixing the finished product will become tough or have a rubbery texture. Only mix muffin batter until any dry ingredients are just moistened.

My Specialty Muffins

What You Need:

1 C soybean flour
1 C graham flour
1 tsp salt
2 tsp baking powder
2 T sugar
3/4 C skim milk
Enough egg substitute to equal 1 egg
1 T canola oil
1/2 any type of dried fruit, chopped

How to Make It:

Prepare a muffin tin by spraying the individual cups with a non stick cooking spray.

Preheat oven to 425 degrees.

Sift the two flours, salt and baking powder together in a mixing bowl.

Add the sugar and blend together.

In a separate bowl beat together the milk, egg substitute and oil.

Add to the flour mixture.

Mix just until blended.

Fold in the dried fruit

Fill each muffin cup 2/3 full of batter.

Bake 20 minutes or until a toothpick inserted in the center comes out clean.

Using dried fruit will give your muffin a less sweet taste. You can use any type of dried fruit but be sure to chop it well before folding it into the batter.

My Mocha Muffins

What You Need:

1 C all purpose flour
3 T cocoa, unsweetened
1/3 C and 1 T sugar
1 1/2 tsp baking soda
1/2 tsp baking powder
1/4 tsp salt
2/3 C buttermilk
1 tsp freeze dried coffee powder
3 T canola oil
Enough egg substitute for 1 egg or 2 egg whites
1/2 tsp vanilla
3/4 C bittersweet chocolate, chopped
1/2 C powdered sugar
2 tsp brewed coffee

How to Make It:

Spray muffin tin cups with a non stick cooking spray.
In a small mixing bowl blend together the buttermilk and coffee powder until all the powder has completely dissolved.
Add the oil, egg substitute and vanilla being sure to stir well.
Sift the flour, cocoa powder, sugar, baking soda, baking powder and salt together in a large mixing bowl.
Pour the liquid into the flour mixture.
Stir with a wooden spoon to just moisten.
Fold in the chopped chocolate.
Preheat the oven to 375 degrees.
Pour each muffin cup 2/3 full of batter.
Bake 23 minutes or until a toothpick inserted comes out clean.
Remove muffins to a wire rack and allow to cool completely.
Mix together the powdered sugar and brewed coffee until smooth and thick.
Drizzle the glaze over the top of the cooled muffins.

These muffins are heaven. They are great when the time comes to relax and just enjoy a few me moments.

Nana Banana Muffin

What You Need:

1/4 C and 2 T canola oil
1 C sugar
Enough egg substitute to equal 2 eggs or 4 egg whites
2 large very ripe bananas, mashed
2 C all purpose flour
1 tsp salt
1 tsp baking powder
1/2 tsp baking soda
1 tsp vanilla
1 C buttermilk

How to Make It:

Place the oil and sugar in a large mixing bowl.
Beat with an electric mixer on low speed until fluffy.
Add the eggs and mix until thoroughly mixed in.
Add the bananas and mix until batter is smooth.
In a large bowl blend together the flour, salt, baking powder and baking soda.
Alternating back and forth add the egg mixture and the buttermilk being sure to stir after each addition.
Dry ingredients need to just be moistened so be careful not to over stir.
Add the vanilla and stir slightly.
Preheat oven to 400 degrees.
Spray muffin cups with a non stick cooking spray.
Pour each muffin cup 3/4 full.
Bake 17 minutes or until the tops of the muffins are a golden brown.

For a little spice you can add 1/2 tsp each of cinnamon and nutmeg. This gives these muffins a wonderful taste but also that fresh baked aroma to the kitchen.

Raspberry Sierra Streusel Muffins

What You Need:

3/4 C skim milk
1/2 C canola oil
1 T orange peel
Enough egg substitute to equal 1 egg or 2 egg whites
2 C all purpose flour
1 C raspberries, fresh or frozen, chopped
1/3 C sugar
1 T baking powder
1/4 tsp salt
1/2 C pecans, chopped fine
1/2 C brown sugar
1/4 C all purpose flour
2 T melted margarine

How to Make It:

Mix the milk, oil, orange peel and eggs together in a large mixing bowl being sure that all ingredients are blended together well.

With a wooden spoon stir in the flour, sugar, baking powder, and salt.

Be careful to not over stir the batter it will be slightly lumpy.

Fold in the raspberries.

In a small bowl mix together the pecans, brown sugar, flour and margarine until it becomes crumbly.

Preheat oven to 400 degrees.

Spray muffin tin cups with a non stick cooking spray.

Fill each muffin cup 3/4 full of batter.

Sprinkle the top of each with the crumbly mixture.

Bake 20 minutes or until when tested with a toothpick it comes out clean.

These muffins are great when served right out of the oven. If using frozen raspberries do not thaw them before mixing them into the batter. If thawed they become mushy during baking.

Lickity Lemon Muffins

What You Need:

2 C all purpose flour
3/4 C sugar
2 tsp baking powder
1/2 tsp salt
1/4 tsp cinnamon
1 C skim milk
1/4 C canola oil
2 T lemon juice
1 egg white
1 tsp grated lemon rind
1 tsp vanilla extract
1 1/3 C frozen blueberries, unthawed

How to Make It:

Preheat oven to 375 degrees.

Spray muffin tin cups well with a non stick cooking spray.

In a small mixing bowl stir together the milk, canola oil, lemon juice, egg white, lemon rind and vanilla extract.

In a large mixing bowl combine the flour, sugar, baking powder, salt and cinnamon.

Pour the liquid mixture into the flour mixture and stir until just moist.

Fold in the blueberries.

Pour batter into the muffin cups filling each 3/4 full.

Bake 20 minutes or until golden brown.

Using extra large eggs can cause your muffins to be a little runny. If using extra large eggs increase the flour by adding 1 T to the batter. This will ensure the muffins turn out just right.

Mouth Poppin Spiced Mini Muffins

What You Need:

1 1/2 C all purpose flour
1/2 C sugar
2 tsp baking powder
1/2 tsp salt
1/2 tsp nutmeg
1/2 tsp allspice
Enough egg substitute to equal 1 egg
1/2 C skim milk
1/4 C canola oil
2 T sugar
1/2 tsp cinnamon
1/4 C margarine, melted

How to Make It:

Preheat oven to 400 degrees.

Spray a mini muffin tin with a non stick cooking spray.

In a large bowl sift together the flour, 1/2 C sugar, baking powder, salt, nutmeg and allspice.

In a small bowl blend together the egg substitute, milk and oil, being sure to blend well.

Pour the egg mixture into the dry ingredients.

Mix with a wooden spoon just until moistened.

Bake 12 minutes or until a toothpick inserted in the muffin center comes out clean.

Remove muffins from the oven.

Mix together the 2 T sugar and the 1/2 tsp cinnamon.

Brush the muffins with the melted butter and sprinkle with the sugar cinnamon topping.

These little muffins make a great after school snack. Kids love to pop them in their mouth and follow it with a drink of cold milk.

Almond Wheat Minis

What You Need:

2/3 C all purpose flour
2/3 C whole wheat flour
1/4 C almonds, chopped and toasted
1 tsp baking powder
1/8 tsp baking soda
1/8 tsp salt
1/8 tsp nutmeg
1 egg, slightly beaten
1/3 C skim milk
3 T brown sugar, firmly packed
3 T canola oil

How to Make It:

Place both types of flour into a large mixing bowl.
Toss to mix together.
Add the almonds, baking powder, baking soda, salt and nutmeg and mix well.
In a separate bowl mix the egg and milk together.
Add the brown sugar and oil and mix until all the ingredients are incorporated together.
Pour the egg mixture into the dry ingredients.
Stir with a wooden spoon until just moist.
Preheat oven to 400 degrees.
Spray a mini muffin tin with a non stick cooking spray.
Pour the batter into each muffin cup filling it 3/4 full.
Bake 10 minutes or until a golden brown.

To ensure a perfect muffin always stir the batter with a wooden spoon and be sure to stir gently. Over stirring or using a metal spoon can cause the muffins to become hard while baking.

Moist Sunflower Carrot Muffins

What You Need:

1 1/2 C whole wheat flour
3/4 C whole wheat pastry flour
4 tsp baking powder
1/2 tsp salt
2 C carrot puree
1/4 C maple syrup
1/3 C skim milk
1/4 C canola oil
2 tsp vanilla
1/2 C sunflower seeds
1/2 C raisins

How to Make It:

Sift together in large mixing bowl the flours, baking powder and salt.

In a separate bowl place the carrot puree.

Add the maple syrup and stir well.

Pour in the milk, oil and vanilla being sure to stir well to incorporate all the ingredients.

Pour the liquid into the dry ingredients and mix until just moistened.

Gently fold in the sunflower seeds and raisins.

Preheat oven to 400 degrees.

Spray a muffin tin generously with a non stick cooking spray.

Pour the batter into the muffin cups filling them 3/4 full.

Bake 18 minutes or until brown on top and a toothpick inserted in the center comes out clean.

Use the blender or food processor to make the carrot puree. Start with a couple of medium size carrots and then add one carrot at a time until you have 2 C. If the carrot puree is runny decrease the liquid ingredients by half.

Peanut Butter Crunch

What You Need:

1 C all purpose flour
1 C quick oats
1 1/2 tsp baking powder
1/4 tsp salt
3/4 C skim milk
1/3 C hone
1/4 C canola oil
1/3 C crunchy peanut butter
1 egg white, slightly beaten

How to Make It:

Preheat oven to 400 degrees.
Spray a muffin tin with a non stick cooking spray.
Mix together the flour, oats, baking powder and salt.
In a separate bowl stir together well the milk, honey, oil and egg white.
Fold in the peanut butter.
Add the milk mixture to the dry ingredients and mix until just moistened.
Fill each muffin cup 3/4 full of batter.
Bake 23 minutes or until a toothpick inserted in the center comes out clean.

Be careful when baking muffins not to open the oven any more than necessary.
Releasing the heat can affect the way the center of the muffins cook.

George Washington Cherry Muffins

What You Need:

1 C sugar
1/2 C margarine
3 egg whites
1 1/4 C all purpose flour
1/2 C soy flour
1 tsp baking powder
1 tsp baking soda
1/4 tsp salt
1 T and 1 tsp almond extract
3/4 C skim milk
1 tsp vanilla
1 bag (3.5 oz) dried cherries

How to Make It:

Place the sugar in a large mixing bowl.
Add the margarine and using an electric mixer beat on low speed until the ingredients are creamed together and fluffy.
Add the eggs and continue beating until the eggs are mixed in well.
Sift the flours, baking powder, baking soda and salt together in a large mixing bowl.
Place 1/3 of the dry mixture into the liquid mixture.
Add the almond extract and stir.
Place another 1/3 of the dry mixture into the liquid.
Add the skim milk and stir.
Add the last of the dry mixture to the liquid mixture.
Add the vanilla extract and stir until all the dry ingredients are moist.
Fold in the cherries.
Preheat oven to 375 degrees.
Spray a muffin tin with a non stick cooking spray.
Fill each muffin cup 2/3 full of batter.
Bake 22 minutes or until a toothpick inserted in the center comes out clean.

Save some time and work by using paper muffin cups when baking your muffins.

Cinnamon Raisin Delights

What You Need:

2 C flour
1/3 C sugar
1 T baking powder
3/4 tsp salt
1/4 C canola oil
2 egg whites
1 C skim milk
1/2 tsp cinnamon
1 C raisins
1/2 C powdered sugar
2 tsp skim milk

How to Make It:

Sift together the flour, sugar, baking powder and salt in a large mixing bowl.
In a small mixing bowl combine well the oil, egg whites and milk mixing well.
Pour the liquid into the dry ingredients.
Mix with a wooden spoon just until moistened.
Gently fold in the cinnamon and raisins.
Preheat oven to 400 degrees.
Spray a muffin tin with a non stick cooking spray.
Pour the batter into the prepared muffin cups filling them 3/4 full.
Bake 20 minutes or until a toothpick comes out clean when inserted in the center of a muffin.
In a small bowl mix the powdered sugar and milk until smooth.
Allow the glaze to thicken slightly.
Drizzle the glaze over the tops of the cooled muffins.

Raisins, dates and figs are a great addition to muffins.

Snappy Ginger Muffins

What You Need:

1 C boiling water
2 tsp baking soda
1 1/4 C whole wheat flour
1 1/4 C all purpose flour
2 tsp ginger
1 1/2 tsp cinnamon
1/2 tsp ground cloves
1/2 tsp nutmeg
1/2 tsp salt
2 tsp baking powder
1/4 canola oil
1/4 C light cream cheese
1/2 C brown sugar, firmly packed
1/4 C egg substitute
1/4 C molasses
Powdered sugar

How to Make It:

Place the baking soda in a bowl.

Add the boiling water and stir until the baking soda is just dissolved.

Sift together the flours, ginger, cinnamon, cloves, nutmeg, salt and baking powder in a large bowl.

In a separate bowl place the canola, cream cheese and brown sugar.

Beat with an electric mixer on medium speed until well combined.

Place the mixer speed on low and slowly add the molasses while beating.

Add the baking soda paste and the flour mixture.

Beat on low until just combined.

Add the egg substitute and beat until all the ingredients are moistened through.

Preheat the oven to 350 degrees.

Prepare a muffin tin by spraying lightly with a non stick cooking spray.

Fill the muffin cups 2/3 full of the batter.

Bake 20 minutes or until the top of the muffins spring back when lightly touched.

Remove from the oven and sprinkle the tops of the hot muffins with powdered sugar.

Topping muffins with powdered sugar, cinnamon sugar, colored sugars or even regular sugar can give the muffins a sweet taste that appeal to children of all ages.

Bammin Ham and Cheese Muffins

What You Need:

3/4 C low fat Cheddar cheese
1/4 C grated Parmesan cheese
1 3/4 C baking mix
1 C skim milk
1/4 tsp pepper
1/4 C low fat ham, chopped fine

How to Make It:

In a large mixing bowl mix together the two cheeses, the milk and the baking mix. Be sure the baking mix is completely moistened. Add the pepper and ham and continue to mix until the pepper is mixed in well. Preheat the oven to 400 degrees. Spray the muffin tin cups with a non stick cooking spray. Pour the batter into each muffin cup filling them 2/3 full. Bake 12 minutes or until a golden brown on top,

These muffins are great for a quick lunch. Add a salad or even a fruit and you have a lunch that's fast, easy and really yummy.

Zach's Chicken and Swiss Mini Muffins

What You Need:

3/4 C shredded Swiss cheese
1/4 C shredded mozzarella cheese
1 3/4 C baking mix
1 C skim milk
1/4 tsp salt
1/2 C chicken breast meat, cooked and chopped fine

How to Make It:

In a large mixing bowl mix together the two cheeses, the milk and the baking mix. Be sure the baking mix is completely moistened. Add the salt and chicken and mix well. Preheat the oven to 400 degrees. Spray the mini muffin tin cups with a non stick cooking spray. Pour the batter into each muffin cup filling them 2/3 full. Bake 10 minutes or until the tops are golden brown and a toothpick inserted in the center come out clean.

These make a great appetizer for that special party. Kids even like them for lunch or as an evening snack.