



One Egg Muffins

Ingredients:

- 2 c. all-purpose flour
- 2 tsp. Clabber Girl Baking Powder
- 1/2 tsp. salt
- 1 Tbsp. granulated sugar
- 1 egg
- 1 c. milk
- 4 Tbsp. vegetable oil

Directions:

1. Preheat oven to 400 degrees F., lightly grease muffin tins.
2. In a large bowl combine flour, baking powder, salt and sugar.
3. In a separate bowl mix together egg, milk and oil. Add egg mixture to flour mixture and stir to combine. Batter should look rough.
4. Fill muffin tins 3/4 cup full; wipe off any excess drops on top of muffin tins before baking.
5. Bake for 20 to 25 minutes, or until tops of muffins spring back when touched lightly with a finger.
6. Cool slightly on a wire rack; loosen muffins from tins before removing completely.

Makes 1 dozen 2 1/2-inch muffins.

Family Fun Activity

Activity: Baking variations of muffins

Lesson: Learning variations of a recipe

Making Muffins: One-Egg Muffins - Sweet and Simple or Savory and Scrumptious!

Simply put, you decide how your muffins will taste by adding the right spices. The basic muffin recipe provided here is only faintly sweet, and rather bland by itself. It begs to be changed up!

Muffin Variations:

Doughnut Muffins - increase sugar to 1/4 cup and add 1/2 teaspoon nutmeg, 1/2 teaspoon cinnamon to batter. Topping: 3 tablespoons sugar mixed with 1 teaspoon cinnamon, sprinkled on muffins before baking.

Blueberry Muffins - increase sugar to 3 tablespoons and add 1 cup blueberries (freezing berries before use will help keep them from "bleeding" in the batter). Sprinkle tops of muffins with sugar before baking.

Cinnamon Apple Muffins - increase sugar to 1/4 cup and add 1 teaspoon cinnamon and 1 cup finely chopped apples. Crunch topping: 1/4 cup packed brown sugar, 1/4 cup chopped nuts, and 1/4 teaspoon cinnamon. Mix and sprinkle on top of muffins prior to baking.

Whole Wheat Muffins - use 1 cup regular all-purpose flour and 1 cup whole wheat flour.

Cereal Muffins - replace 1 cup of the flour with 1 cup finely rolled quick cooking oats or 2 cups crushed corn or wheat flakes.

Ham and Cheese Muffins - add 1/4 cup ham, 1/4 cup shredded cheddar cheese and 1/2 teaspoon dill.

Bacon and Chives Muffins - delete sugar from recipe add 1/4 to 1/2 cup finely chopped bacon and 1 teaspoon chopped fresh chives.

Pizza Muffins - add 1 cup chopped pepperoni*, 1/2 cup mozzarella and 1/4 cup parmesan cheese.



Family Fun Activities

Phone (812) 232-9446 • Fax: (812) 478-7181

Email: info@clabbergirl.com • Made in U.S.A. CG 201E 07/16

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