

MUFFIN RECIPES

50 DELICIOUS ALL-TIME FAVORITE MUFFIN RECIPES

LISA BILLINGS

Copyright © 2014 by Lisa Billings

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any electronic or mechanical means, including photocopy, recording, or any information storage and retrieval system now known or to be invented, without written permission from the author, except by a reviewer who wishes to quote brief passages in connection with a review written for inclusion in a magazine, newspaper, website, or broadcast.

Disclaimer: Neither the author nor the publisher shall be held liable or responsible to any person or entity with respect to any loss or incidental or consequential damages caused, directly or indirectly, by the information or programs contained herein. You must seek the services of a competent professional before beginning any health or weight-loss advice. References are provided for informational purposes only. They do not constitute endorsement of any websites or other sources.

Smashwords Edition

CONTENTS

[CRUMB TOPPED BANANA MUFFINS](#)

[THE BEST BLUEBERRY MUFFINS](#)

[CHOCOLATE CHIP MUFFINS](#)

[BANANA-CHOCOLATE CHIP MUFFINS](#)

[BERRY-SMASH MUFFINS \(STRAWBERRY MUFFINS\)](#)

[PUMPKIN MUFFINS](#)

[WHOLE WHEAT HONEY BANANA MUFFINS](#)

[DOUBLE CHOCOLATE BANANA MUFFINS](#)

[WEIGHT WATCHERS 2 POINT- PUMPKIN MUFFINS](#)

[PECAN PIE MUFFINS](#)

[EASY BANANA MUFFINS](#)

[PUMPKIN CHOCOLATE CHIP MUFFINS](#)

[BLUEBERRY BUTTERMILK MUFFINS](#)

[CARROT SPICE MUFFINS](#)

[CAPPUCCINO MUFFINS](#)

[LOW-FAT OATMEAL MUFFINS](#)

[CRANBERRY ORANGE MUFFINS](#)

[APPLE PIE MUFFINS](#)

[PINEAPPLE MUFFINS OR CAKE](#)

[BANANA OAT MUFFINS](#)

[ZUCCHINI NUT MUFFINS](#)

[CINNAMON MUFFINS](#)

[DELICIOUS CORN MUFFINS](#)

[BANANA STREUSEL MUFFINS](#)

[CORN DOG MUFFINS](#)

[ONE MINUTE FLAX MUFFIN - LOW CARB](#)

[CHOCOLATE PUMPKIN MUFFINS](#)

[2 INGREDIENT PUMPKIN MUFFINS](#)

[MORNING GLORY MUFFINS](#)

[THE BEST PEACH NECTARINE MUFFINS](#)

[APPLE CINNAMON MUFFINS](#)

[BANANA YOGURT MUFFINS](#)

[HOLIDAY GINGERBREAD MUFFINS](#)

[LEMONADE MUFFINS](#)

[LUNCH BOX MUFFINS](#)

[COCONUT MUFFINS](#)

[BREAKFAST ON AN ENGLISH MUFFIN](#)

[COSTCO MUFFINS - COPYCAT](#)

[DOUGHNUT MUFFINS](#)

[MANGO MUFFINS](#)

[JAFFA MUFFINS](#)

[BANANA OATMEAL MUFFINS](#)

[VEGAN BANANA MUFFINS](#)

[MIX-IN MUFFINS](#)

[PINEAPPLE AND SOUR CREAM MUFFINS](#)

[HEY GIRLS CHOCOLATE MUFFINS](#)

[NO FLOUR OATMEAL MUFFINS](#)

[HONEY GRAHAM MUFFINS](#)

[SPUD MUFFINS, TWO WAYS](#)

MAGIC MUFFINS

CRUMB TOPPED BANANA MUFFINS

Prep Time: 12 mins

Total Time: 32 mins

Servings: 12



INGREDIENTS

1 1/2 cups flour

1 teaspoon baking soda

1 teaspoon baking powder

1/2 teaspoon salt

3 large ripe bananas, mashed

3/4 cup sugar

1 egg, lightly beaten

1/3 cup butter, melted

TOPPING

1/3 cup packed brown sugar

1 tablespoon flour

1/8 teaspoon cinnamon, to taste

- 1 tablespoon cold butter
- 1/4 cup nuts, chopped (optional)

DIRECTIONS

1. Combine the flour with baking soda, salt and baking powder in a large mixing bowl.
2. Using a separate bowl, cream butter and sugar together. Add in eggs and cream further.
3. Incorporate flour mixture with creamed mixture. Blend well
4. Spoon batter into muffin tins about ¾ filled.
5. For the topping: mix flour with cinnamon and brown sugar. Add in butter and mix until flaky.
6. Dust muffins with the topping mixture before baking.
7. Bake muffins in the oven for at least 20 minutes over 375 degrees F.
8. Once done, remove from the oven and let muffins cool a bit before removing them from the muffin tins.
9. Let muffins cool completely before serving.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (84 g)		Total Fat 6.7g	10%
Servings Per Recipe: 12		Saturated Fat 4.0g	20%
Amount Per Serving	% Daily Value	Cholesterol 31.5mg	10%
Calories 220.9		Sugars 22.6 g	
Calories from Fat 60	27%	Sodium 293.8mg	12%
		Total Carbohydrate 38.8g	12%
		Dietary Fiber 1.3g	5%
		Sugars 22.6 g	90%
		Protein 2.6g	5%

Variations:

- Add up additional $\frac{1}{2}$ cup brown sugar, 1 tsp. vanilla and 1 tsp. cinnamon to muffin batter mixture.
- Reduce amount of butter into $\frac{1}{4}$ cup. Add up nutmeg, cinnamon and vanilla. Use very ripe bananas and bake for 13 minutes.

THE BEST BLUEBERRY MUFFINS

Prep Time: 10 mins

Total Time: 25 mins

Serves: 18, Yield: 18 muffins



INGREDIENTS

1/2 cup butter or 1/2 cup margarine, at room temp

1 cup granulated sugar

2 large eggs

1 teaspoon vanilla

2 teaspoons baking powder

1/4 teaspoon salt

2 cups all-purpose flour

1/2 cup milk

2 1/2 cups fresh blueberries or 2 1/2 cups frozen blueberries

FOR TOPPING

1 tablespoon granulated sugar, mixed with

1/4 teaspoon ground nutmeg

DIRECTIONS

1. Preheat oven at 375 degrees, and lightly butter or oil the muffin cups.
2. Cream butter with sugar in a bowl until smooth and creamy.
3. Add in eggs consecutively while beating the mixture.
4. Stir in vanilla, salt and baking powder.
5. Add in half of the flour and half of the milk to the batter and mix.
6. Add the rest of flour and milk and continue to mix until well blended.
7. Add up the blueberries.
8. Equally divide the batter into the muffin cups and then sprinkle the topping mixture on top of every muffin.
9. Bake in the preheated oven for at least 15-20 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (65 g)		Total Fat 6.1g	9%
Servings Per Recipe: 18		Saturated Fat 3.6g	18%
Amount Per Serving	% Daily Value	Cholesterol 35.1mg	11%
Calories 166.5		Sugars 13.9 g	
Calories from Fat 54	33%	Sodium 129.5mg	5%
		Total Carbohydrate 25.9g	8%
		Dietary Fiber 0.8g	3%
		Sugars 13.9 g	55%
		Protein 2.5g	5%

Variations:

- Use 2 cups of blueberries, and use cinnamon instead of nutmeg for the topping.
- Use brown sugar in place of white, use $\frac{3}{4}$ cup of unsweetened apple juice and 1 cup honey crunch wheat germ. Also add up more milk to thin the mixture a bit.

CHOCOLATE CHIP MUFFINS

Prep Time: 5 mins

Total Time: 25 mins

Yield: 12-18 muffins



INGREDIENTS

2 cups all-purpose flour

1/3 cup light-brown sugar, packed

1/3 cup sugar

2 teaspoons baking powder

1/2 teaspoon salt

2/3 cup milk

1/2 cup butter, melted and cooled

2 eggs, lightly beaten

1 teaspoon vanilla

1 (11 1/2 ounce) packages milk chocolate chips

1/2 cup walnuts or 1/2 cup pecans, chopped

DIRECTIONS

1. Heat up your oven at 400 degrees F. and lightly oil or butter 12 muffin tins.
2. Sift the dry ingredients all together in a large mixing bowl.
3. In a separate bowl, cream butter and sugar together, add in eggs, milk and vanilla. Blend well.
4. Create a hole in the middle of the flour mixture and pour in the creamed mixture. Mix well.
5. Add in the chocolate chips and stir.
6. Ladle batter mixture into the greased muffin tins and bake in the oven for at least 15-20 minutes or until done.
7. Remove from the oven and let cool for 5 minutes before removing them from the muffin tins.
8. Let muffin cool completely before serving up.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (1167 g)		Total Fat 20.4g	31%
Servings Per Recipe: 1		Saturated Fat 10.7g	53%
Amount Per Serving	% Daily Value	Cholesterol 59.4mg	19%
Calories 387.5		Sugars 25.7 g	
Calories from Fat 183	47%	Sodium 267.1mg	11%
		Total Carbohydrate 45.1g	15%
		Dietary Fiber 1.8g	7%
		Sugars 25.7 g	102%
		Protein 6.5g	13%

Variations:

- Use bittersweet or dark chocolate chips and use buttermilk instead of plain milk. Increase vanilla to 2 tsp. and add up 2 tbsp. vegetable oil. Reduce oven temp. To 350 degrees and use tiny muffin tins. Bake for 10 minutes.

- Use buttermilk for the milk, and use half white and half milk chocolate chips.

BANANA-CHOCOLATE CHIP MUFFINS

Prep Time: 15 mins

Total Time: 45 mins

Serves: 12, Yield: 12 muffins



INGREDIENTS

3 medium very ripe bananas

1 egg

1/3 cup low-fat buttermilk or 1/3 cup milk

1/2 cup granulated sugar

1/2 cup brown sugar

1 1/2 cups flour

1 teaspoon baking soda

1 teaspoon salt

2 -3 tablespoons chocolate chips

2 tablespoons chopped walnuts

DIRECTIONS

1. Heat up your oven at 350 degrees. Grease muffin cups or simply spray with cooking spray.

2. Mash up bananas in a large mixing bowl using a fork.
3. Beat in eggs, brown sugar, granulated sugar and milk. Whisk to combine.
4. In another bowl, combine the flour with salt and baking soda.
5. Incorporate dry mixture to wet mixture. Mix well
6. Add in chocolate chips and nuts.
7. Place even amounts of the batter into the greased muffin cups. Bake in the preheated oven for about 30 minutes or until done.
8. Remove from the oven and cool a bit before removing from the muffin tins.
9. Cool completely and serve or store for later use.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (77 g)		Total Fat 1.2g	1%
Servings Per Recipe: 12		Saturated Fat 0.5g	2%
Amount Per Serving	% Daily Value	Cholesterol 15.7mg	5%
Calories 167.2		Sugars 22.1 g	
Calories from Fat 11	61%	Sodium 315.1mg	13%
		Total Carbohydrate 37.4g	12%
		Dietary Fiber 1.2g	5%
		Sugars 22.1 g	88%
		Protein 2.7g	5%

Variations:

- Add in ½ cup applesauce and ½ cup rolled oats to the mixture.
- Use only ¼ cup of each of the sugar; add in ½ tsp. of vanilla and ½ tsp. additional baking soda.

BERRY-SMASH MUFFINS (STRAWBERRY MUFFINS)

Prep Time: 5 mins

Total Time: 23 mins

Yield: 12 muffins



INGREDIENTS

1 2/3 cups fresh strawberries

2/3 cup sugar

1/3 cup vegetable oil

2 eggs

1 1/2 cups Gold Medal all-purpose flour

1/2 teaspoon baking soda

1/2 teaspoon salt

1/2 teaspoon cinnamon

DIRECTIONS

1. Preheat oven at 425 degrees. Place parchment muffin cups into each muffin tin or simply grease muffin tins. Set aside.

2. Mash up strawberries in a bowl with fork, add in sugar, eggs and oil. blend well
3. Add in the rest of ingredients and blend well until moist.
4. Place even amounts of the batter into the muffin cups and bake in the oven for about 15-18 minutes or until done.
5. Let muffins cool a bit before removing from the muffin cups.
6. Cool completely.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (741 g)		Total Fat 7.0g	10%
Servings Per Recipe: 1		Saturated Fat 1.0g	5%
Amount Per Serving	% Daily Value	Cholesterol 31.0mg	10%
Calories 172.1		Sugars 12.2 g	
Calories from Fat 63	36%	Sodium 161.8mg	6%
		Total Carbohydrate 24.7g	8%
		Dietary Fiber 0.8g	3%
		Sugars 12.2 g	48%
		Protein 2.8g	5%

Variations:

- Add up some mashed bananas and reduce sugar to 1/3 cup. Use applesauce in place of oil and use whole wheat flour.
- Use frozen strawberries instead of fresh and use coconut oil in place of vegetable oil. Add up some ground flax seed, nuts, chocolate chips and mashed bananas.

PUMPKIN MUFFINS

Prep Time: 20 mins

Total Time: 50 mins

Yield: 14 muffins



INGREDIENTS

1 cup pumpkin (canned "or" fresh)

2 eggs, slightly beaten

1/2 cup water

1/2 cup melted shortening

1 3/4 cups flour

1/4 teaspoon salt

1 1/2 cups sugar

1 teaspoon baking soda

1/4 teaspoon baking powder

1 teaspoon cinnamon

1/2 teaspoon nutmeg

1/2 teaspoon ginger

1/4 teaspoon ground cloves

DIRECTIONS

1. Combine the pumpkin with water, shortening and eggs in a large mixing bowl.
2. Sift dry ingredients together in a separate bowl and then add it up to the pumpkin blend. Incorporate well.
3. Spoon into oiled or paper lined muffin cups and bake for about 30 minutes at 350 degrees or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (989 g)		Total Fat 8.2g	12%
Servings Per Recipe: 1		Saturated Fat 2.1g	10%
Amount Per Serving	% Daily Value	Cholesterol 26.5mg	8%
Calories 218.1		Sugars 21.6 g	
Calories from Fat 73	33%	Sodium 149.0mg	6%
		Total Carbohydrate 34.2g	11%
		Dietary Fiber 0.6g	2%
		Sugars 21.6 g	86%
		Protein 2.6g	5%

Variations:

- Use all white whole wheat flour and butter for shortening. Use brown sugar.
- Use half butter and half shortening, add up some chopped walnuts.

WHOLE WHEAT HONEY BANANA MUFFINS

Prep Time: 20 mins

Total Time: 35 mins

Yield: 24 muffins



INGREDIENTS

3 1/2 cups whole wheat flour

2 teaspoons baking soda

1 teaspoon salt

2 tablespoons wheat germ

2/3 cup olive oil

1 cup honey

4 eggs

2 cups mashed ripe bananas

1/2 cup hot water

DIRECTIONS

1. Combine the dry ingredients in a mixing bowl.
2. In a separate bowl, incorporate honey and oil, add in eggs and whisk to combine.
3. Add up bananas and mix.
4. Incorporate dry mixture to egg mixture consecutively with water. Blend well
5. Fill muffin cups and bake in the oven for about 15 minutes at 325 degrees.
6. Remove from the oven and let cool for at least 5 minutes.
7. Remove from muffin tins and cool completely.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (1550 g)		Total Fat 7.2g	11%
Servings Per Recipe: 1		Saturated Fat 1.1g	5%
Amount Per Serving	% Daily Value	Cholesterol 31.0mg	10%
Calories 178.5		Sugars 13.2 g	
Calories from Fat 65	36%	Sodium 214.9mg	8%
		Total Carbohydrate 27.1g	9%
		Dietary Fiber 2.2g	8%
		Sugars 13.2 g	52%
		Protein 3.5g	7%

Variations:

- Use 1/3 cup unbleached white flour and 2/3 cup whole wheat flour. Use virgin coconut oil for in place of olive oil. Top with some homemade sprinkles.
- Add up some chopped walnuts and use ½ cup honey and ½ cup sugar.

DOUBLE CHOCOLATE BANANA MUFFINS

Prep Time: 0 mins

Total Time: 0 mins

Yield: 8-12 muffins



INGREDIENTS

1 1/2 cups flour

1 cup sugar

1/4 cup baking cocoa

1 teaspoon baking soda

1/2 teaspoon salt

1/4 teaspoon baking powder

1 1/3 cups mashed ripe bananas

1/3 cup vegetable oil

1 egg

1 cup miniature semisweet chocolate chips

DIRECTIONS

1. Incorporate the six initial ingredients in a large mixing bowl.
2. In a separate bowl, mix the egg with the bananas and oil.
3. Incorporate the wet mixture to dry mixture.
4. Stir in the chocolate chips and spoon batter into the muffin cups lined with paper cups.
5. Bake in the oven for about 20-25 minutes or until done at 350 degrees.
6. Remove from the oven and let cool before serving.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (915 g)		Total Fat 16.8g	25%
Servings Per Recipe: 1		Saturated Fat 5.4g	27%
Amount Per Serving	% Daily Value	Cholesterol 23.2mg	7%
Calories 403.4		Sugars 39.9 g	
Calories from Fat 151	37%	Sodium 326.7mg	13%
		Total Carbohydrate 64.0g	21%
		Dietary Fiber 3.4g	13%
		Sugars 39.9 g	159%
		Protein 4.9g	9%

Variations:

- Reduce sugar a little, use ¼ cup chocolate chips and add up vanilla.
- Use whole wheat pastry flour, ½ cup sugar, 1/2 cup chocolate chips and ½ cup applesauce for the oil.

WEIGHT WATCHERS 2 POINT- PUMPKIN MUFFINS

Prep Time: 5 mins

Total Time: 30 mins

Serves: 24, Yield: 24 muffins



INGREDIENTS

1 (18 ounce) boxes spice cake mix

15 ounces pumpkin

1 cup water

DIRECTIONS

1. Combine all the ingredients in a mixer.
2. Spoon into paper lined muffin cups and bake in the oven for about 20-25 minutes or until done at 350 degrees.
3. Let cool before serving.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (48 g)		Total Fat 2.9g	4%
Servings Per Recipe: 24		Saturated Fat 0.7g	3%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 97.6		Sugars 10.1 g	
Calories from Fat 26	27%	Sodium 140.4mg	5%
		Total Carbohydrate 17.0g	5%
		Dietary Fiber 0.4g	1%
		Sugars 10.1 g	40%
		Protein 1.1g	2%

Variations:

- Add up 1 egg to the batter mixture and reduce water to 1/3 cup.
- Use yellow cake mix; add up 1 egg, 1 ½ tsp. cinnamon, 1 cup oatmeal, ½ tsp. nutmeg, ¼ tsp. ginger, ¼ tsp. ground cloves.

PECAN PIE MUFFINS

Prep Time: 5 mins

Total Time: 35 mins

Serves: 9, Yield: 9 muffins



INGREDIENTS

1 cup pecans, chopped

1 cup brown sugar, firmly packed

1/2 cup flour

2 large eggs

1/2 cup butter, melted

DIRECTIONS

1. Combine the pecans with flour and sugar in a bowl. Poke a well at the middle.
2. In a separate bowl, combine eggs with butter. Add in to the flour mixture and mix well.
3. Spoon batter into paper lined muffin tins and bake in the oven for about 20-25 minutes over 350 degrees F.
4. Remove from the oven and remove from the muffin tins.

5. Let cool a bit and serve.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (67 g)		Total Fat 20.0g	30%
Servings Per Recipe: 9		Saturated Fat 7.5g	37%
Amount Per Serving	% Daily Value	Cholesterol 68.4mg	22%
Calories 308.1		Sugars 24.2 g	
Calories from Fat 180	58%	Sodium 112.8mg	4%
		Total Carbohydrate 31.0g	10%
		Dietary Fiber 1.3g	5%
		Sugars 24.2 g	97%
		Protein 3.3g	6%

Variations:

- Use coarsely chopped pecans.
- Add up 1/4 tsp. of salt and 1/2 to 1 tsp. of vanilla to the batter mixture.

EASY BANANA MUFFINS

Prep Time: 10 mins

Total Time: 30 mins

Servings: 12



INGREDIENTS

3 large bananas

1/2 cup white sugar

1 egg

1 teaspoon baking soda

1 teaspoon baking powder

1 1/2 cups all-purpose flour

1/3 cup melted butter

1/2 teaspoon salt

Nuts

Chocolate chips

DIRECTIONS

1. In a large bowl, mash up the bananas and then add in sugar and egg. Mix well.
2. Add in the butter and mix.
3. Add up the flour, salt, baking soda and baking powder. Mix well.
4. Stir in the nuts and chocolate chips. Spoon batter into paper lined muffin cup and bake.
5. Bake for about 20 minutes over 375 degrees.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (81 g)		Total Fat 5.7g	8%
Servings Per Recipe: 12		Saturated Fat 3.4g	17%
Amount Per Serving	% Daily Value	Cholesterol 29.0mg	9%
Calories 170.7		Sugars 12.5 g	
Calories from Fat 51	30%	Sodium 186.7mg	7%
		Total Carbohydrate 28.1g	9%
		Dietary Fiber 1.3g	5%
		Sugars 12.5 g	50%
		Protein 2.5g	5%

Variations:

- Use applesauce in place of butter.
- Replace ½ cups oats for the ½ cup of flour.

PUMPKIN CHOCOLATE CHIP MUFFINS

Prep Time: 10 mins

Total Time: 30 mins

Yield: 30 muffins



INGREDIENTS

4 eggs

2 cups sugar

1 (16 ounce) cans pumpkin

1 teaspoon vanilla extract

1 1/4 cups vegetable oil

3 cups flour

2 teaspoons baking soda

2 teaspoons baking powder

2 teaspoons cinnamon

1 teaspoon salt

12 ounces semi-sweet chocolate chips

DIRECTIONS

1. Combine eggs with pumpkin, sugar, oil and vanilla in a large mixing bowl.
2. Combine dry ingredients together and incorporate to the wet mixture.
3. Add in chocolate chips and spoon batter into muffin cups lined with parchment cups,
4. Bake in the oven for about 16-20 minutes at 375 degrees.
5. Let cool a bit before removing from the muffin tins.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (2075 g)		Total Fat 13.2g	20%
Servings Per Recipe: 1		Saturated Fat 3.4g	17%
Amount Per Serving	% Daily Value	Cholesterol 24.8mg	8%
Calories 246.3		Sugars 19.7 g	
Calories from Fat 119	48%	Sodium 196.9mg	8%
		Total Carbohydrate 31.3g	10%
		Dietary Fiber 1.1g	4%
		Sugars 19.7 g	79%
		Protein 2.7g	5%

Variations:

- Use wheat flour and applesauce in place of the oil. Cut back sugar into 1 ½ cup, use 1 cup of chocolate chips, and use pumpkin pie spice in place of cinnamon.
- Use 2 cups whole wheat flour and 1 cup all-purpose flour. Add up some pumpkin spice to the batter.

BLUEBERRY BUTTERMILK MUFFINS

Prep Time: 15 mins

Total Time: 35 mins

Serves: 6-12, Yield: 6.0 muffins



INGREDIENTS

2 1/2 cups flour

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

3/4 cup sugar

1/4 teaspoon salt

2 eggs, beaten

1 cup buttermilk

4 ounces butter

1 1/2 cups blueberries

1 teaspoon vanilla

DIRECTIONS

1. Preheat oven at 400 degrees and lightly grease muffin tins.
2. Strain dry ingredients all together in a large bowl.
3. In a separate bowl, combine the eggs, butter and buttermilk.
4. Poke a hole in the center of the dry ingredients mixture and place the wet mixture into the hole.
5. Mix batter well and then stir in the blueberries.
6. Fill muffin tins with the batter and bake in the oven for about 20-30 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (96 g)		Total Fat 17.9g	27%
Servings Per Recipe: 6		Saturated Fat 10.5g	52%
Amount Per Serving	% Daily Value	Cholesterol 104.2mg	34%
Calories 483.7		Sugars 30.8 g	
Calories from Fat 161	33%	Sodium 495.7mg	20%
		Total Carbohydrate 72.4g	24%
		Dietary Fiber 2.3g	9%
		Sugars 30.8 g	123%
		Protein 9.2g	18%

Variations:

- Add up some chocolate chips and chopped bananas to the batter mix.
- Add up more sugar, about 1 cup and add up lemon zest and juice.

CARROT SPICE MUFFINS

Prep Time: 10 mins

Total Time: 25 mins

Yield: 18 muffins



INGREDIENTS

1 1/2 cups whole wheat flour

1 teaspoon baking soda

1 teaspoon baking powder

1/2 teaspoon salt

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

1/8 teaspoon ground ginger

1/8 teaspoon allspice

1/3 cup honey

1 egg

1/2 cup buttermilk

1/3 cup oil

1/2 teaspoon vanilla

1 1/2 cups grated carrots

1/2 cup raisins

1/2 cup chopped nuts

DIRECTIONS

1. Heat up the oven at 400 degrees and lightly grease the muffin tins or place paper cups into the muffin tin.
2. Combine the flour, baking powder, baking soda, salt, ginger, nutmeg, all spice and cinnamon in a bowl. Set aside.
3. Combine the honey with buttermilk, egg, oil, carrots and vanilla. Add in nuts and raisins. Mix well.
4. Incorporate flour mixture with egg mixture.
5. Fill muffin cups and bake in the oven for 15 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (887 g)		Total Fat 6.6g	10%
Servings Per Recipe: 1		Saturated Fat 0.9g	4%
Amount Per Serving	% Daily Value	Cholesterol 10.6mg	3%
Calories 135.3		Sugars 8.6 g	
Calories from Fat 59	44%	Sodium 134.9mg	5%
		Total Carbohydrate 18.0g	6%
		Dietary Fiber 1.9g	7%
		Sugars 8.6 g	34%
		Protein 2.8g	5%

Variations:

- Use 1 tsp. of pumpkin spice in place of cinnamon, nutmeg, ginger and all spice. Use honey, buttermilk and applesauce for the oil.
- Use gluten free flour, brown sugar, sour cream for the buttermilk, melted margarine for the oil, and dried cranberries for the raisins.

CAPPUCCINO MUFFINS

Prep Time: 15 mins

Total Time: 35 mins

Serves: 14, Yield: 14 muffins



INGREDIENTS

SPREAD

4 ounces cream cheese, cubed

1 tablespoon sugar

1/2 teaspoon instant coffee granules

1/2 teaspoon vanilla extract

1/4 cup miniature semisweet chocolate chips

MUFFINS

2 cups all-purpose flour

3/4 cup sugar

2 1/2 teaspoons baking powder

1 teaspoon cinnamon, ground

1/2 teaspoon salt

1 cup milk
2 tablespoons instant coffee granules
1/2 cup butter or 1/2 cup margarine, melted
1 egg, beaten
1 teaspoon vanilla extract
3/4 cup miniature semisweet chocolate chips

DIRECTIONS

1. Place all the spread ingredients into a food processor or hand mixer and mix until well combined. Transfer into a container with cover and chill for later use.
2. Preheat oven at 375 degrees. Grease muffin cups and set aside.
3. Prepare the muffins: incorporate the flour with sugar, cinnamon, salt and baking powder in a bowl.
4. In a separate bowl, combine milk with coffee granules until well mixed. Add in butter, vanilla and egg. Blend well.
5. Incorporate wet mixture with flour mixture and stir until well combined.
6. Stir in chocolate chips and spoon batter into muffin cups.
7. Bake in the oven for 20 minutes or until done.
8. Let cool for at least 5 minutes.
9. Serve with the prepared spread.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (81 g)		Total Fat 14.2g	21%
Servings Per Recipe: 14		Saturated Fat 8.4g	42%
Amount Per Serving	% Daily Value	Cholesterol 42.0mg	14%
Calories 274.7		Sugars 18.7 g	
Calories from Fat 127	46%	Sodium 247.5mg	10%
		Total Carbohydrate 34.9g	11%
		Dietary Fiber 1.3g	5%
		Sugars 18.7 g	74%
		Protein 4.0g	8%

Variations:

- Use combination of white and milk chocolate chips. Use $\frac{3}{4}$ cup of milk and $\frac{1}{4}$ cup Kahlua.
- Replace sugar with splenda, egg whites for the egg, and butter blend. Use English toffee cappuccino drink mix and almond extract in place of vanilla and coffee granules.

LOW-FAT OATMEAL MUFFINS

Prep Time: 1 hr 10 mins

Total Time: 1 hr 30 mins

Yield: 12 muffins



INGREDIENTS

1 cup rolled oats

1 cup skim milk

1 cup whole wheat flour

1/2 cup brown sugar, packed

1/2 cup unsweetened applesauce

2 egg whites

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

DIRECTIONS

1. Immerse the oats in the milk for an hour.

2. Preheat oven at 400 degrees and grease muffin tins.
3. Once done, mix ingredients together in a large mixing bowl.
4. Fill muffin tins with the batter and bake in the oven for about 20-25 minutes.
5. Let cool a bit before removing from the muffin tins.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (755 g)		Total Fat 0.7g	1%
Servings Per Recipe: 1		Saturated Fat 0.1g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.4mg	0%
Calories 110.1		Sugars 10.0 g	
Calories from Fat 6	20%	Sodium 204.1mg	8%
		Total Carbohydrate 23.1g	7%
		Dietary Fiber 1.8g	7%
		Sugars 10.0 g	40%
		Protein 3.6g	7%

Variations:

- Add up some cinnamon and nutmeg. And some raisins, also immersed in the milk along with oats.
- Use whole wheat pastry flour, organic sugar, 3 cups chopped apples, ½ tsp. nutmeg, 2 tsp. cinnamon and ½ tsp. vanilla.

CRANBERRY ORANGE MUFFINS

Prep Time: 5 mins

Total Time: 20 mins

Servings: 12



INGREDIENTS

2 cups flour

3/4 cup sugar

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1 cup cranberries

1 egg

3/4 cup orange juice

1/4 cup vegetable oil

1 teaspoon grated orange rind

DIRECTIONS

1. Mix dry ingredients together in a large mixing bowl.

2. Add in the cranberries.
3. Combine eggs, orange rind, oil and orange juice in a separate bowl.
4. Incorporate egg mixture with flour mixture until well combined.
5. Fill muffin tins with the batter and bake in the oven for about 15-20 minutes at 400 degrees.
6. Let cool for 5 minutes before removing from the muffin tins.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (66 g)		Total Fat 5.1g	7%
Servings Per Recipe: 12		Saturated Fat 0.7g	3%
Amount Per Serving	% Daily Value	Cholesterol 15.5mg	5%
Calories 181.4		Sugars 14.1 g	
Calories from Fat 46	25%	Sodium 186.3mg	7%
		Total Carbohydrate 31.1g	10%
		Dietary Fiber 1.0g	4%
		Sugars 14.1 g	56%
		Protein 2.8g	5%

Variations:

- Add up more baking powder, replace oil with unsalted butter, and use dried cranberries which are dehydrated with ½ cup water and 2 tbsp. sugar.
- Replace lemon fruit for the cranberries and top with honey and grand Marnier.

APPLE PIE MUFFINS

Prep Time: 15 mins

Total Time: 35 mins

Yield: 18-24 muffins



INGREDIENTS

TOPPING

1/2 cup packed brown sugar

1/3 cup flour

1 teaspoon cinnamon

2 tablespoons butter, melted

BATTER

2 1/4 cups flour

1 teaspoon baking soda

1/2 teaspoon salt

1 egg

1 cup buttermilk

1/2 cup butter, melted

1 teaspoon vanilla

1 1/2 cups packed brown sugar

2 cups diced apples

DIRECTIONS

1. Preheat oven at 375 degrees and lightly grease the muffin cups.
2. Combine all ingredients for the topping until crumbly. Set aside.
3. Whisk eggs with butter, vanilla and buttermilk in a bowl until creamy.
4. Add in sugar.
5. Place the flour, apples, salt and baking soda. Stir to blend.
6. Fill muffin cups and bake in the oven for about 20 minutes or until done.
7. Let cool for at least 5 minutes before removing from the muffin cups.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (1465 g)		Total Fat 6.9g	10%
Servings Per Recipe: 1		Saturated Fat 4.2g	21%
Amount Per Serving	% Daily Value	Cholesterol 27.8mg	9%
Calories 232.3		Sugars 25.9 g	
Calories from Fat 62	27%	Sodium 216.4mg	9%
		Total Carbohydrate 40.4g	13%
		Dietary Fiber 0.8g	3%
		Sugars 25.9 g	103%
		Protein 2.7g	5%

Variations:

- Use Granny Smith apples, and add up 1 tsp. of cinnamon and ¼ tsp. all spice to the batter.
- Use skim milk and half margarine, half butter.

PINEAPPLE MUFFINS OR CAKE

Prep Time: 10 mins

Total Time: 40 mins

Servings: 6



INGREDIENTS

1 (18 ounce) boxes angel food cake mix

1 (20 ounce) cans crushed pineapple

DIRECTIONS

1. Combine the ingredients together and mix well.
2. Spoon into muffin cups and bake according to package instructions.
3. Let cool a bit before removing from the muffin cups

NUTRITION FACTS

Serving Size: 1 (179 g)

Servings Per Recipe: 6

Amount Per Serving	% Daily Value
--------------------	---------------

Calories 374.5

Calories from Fat 3	93%
---------------------	-----

Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 0.4g	0%
----------------	----

Saturated Fat 0.0g	0%
--------------------	----

Cholesterol 0.0mg	0%
-------------------	----

Sugars 51.3 g	
---------------	--

Sodium 416.7mg	17%
----------------	-----

Total Carbohydrate 87.3g	29%
--------------------------	-----

Dietary Fiber 1.0g	4%
--------------------	----

Sugars 51.3 g	205%
---------------	------

Protein 7.9g	15%
--------------	-----

Variations:

- Add up one egg or two.
- Use white wings white cake mixture in place of angel food cake mix.

BANANA OAT MUFFINS

Prep Time: 10 mins

Total Time: 35 mins

Serves: 12, Yield: 12 muffins



INGREDIENTS

1 1/4 cups Robin Hood oats

1 cup all-purpose flour

2/3 cup granulated sugar

1 1/2 teaspoons baking powder

1 teaspoon baking soda

1/4 teaspoon salt

1 large egg

2 cups ripe bananas, mashed

1/3 cup butter, melted

1/2 cup chopped nuts

DIRECTIONS

1. Lightly grease muffin tins and preheat oven at 375 degrees.

2. Incorporate the six initial ingredients in a large bowl. Blend well.
3. In a separate bowl, combine egg, with the melted butter and banana until mixture is smooth.
4. Incorporate wet mixture with the dry mixture and mix until well blended.
5. Spoon batter into muffin tins and bake in the oven for 20-25 minutes or until done.
6. Let cool a bit before removing from the muffin tins.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (74 g)		Total Fat 6.4g	9%
Servings Per Recipe: 12		Saturated Fat 3.5g	17%
Amount Per Serving	% Daily Value	Cholesterol 29.0mg	9%
Calories 195.1		Sugars 14.2 g	
Calories from Fat 57	29%	Sodium 250.3mg	10%
		Total Carbohydrate 31.8g	10%
		Dietary Fiber 2.0g	8%
		Sugars 14.2 g	56%
		Protein 3.6g	7%

Variations:

- Use whole wheat flour and brown sugar; replace half amount of the butter with applesauce.
- Use whole wheat flour, egg beaters and omit the nuts, use raisins instead and add up 2 tsp. cinnamon.

ZUCCHINI NUT MUFFINS

Prep Time: 15 mins

Total Time: 35 mins

Yield: 24 muffins



INGREDIENTS

3 eggs

1 cup oil

1 2/3 cups sugar

1/3 cup brown sugar

2 cups zucchini, grated

3 cups flour, sifted

1 teaspoon baking soda

1/4 teaspoon baking powder

3 teaspoons cinnamon

1 teaspoon salt

1/2 cup walnuts, chopped

DIRECTIONS

1. Whisk eggs until smooth; add in oil, zucchini and sugar and mix to combine.
2. Combine dry ingredients together in a large mixing bowl and then add up egg mixture.
3. Mix well and then fold in the nuts.
4. Fill muffin cups with the batter and bake in the oven for about 20 minutes at 325 degrees.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (1475 g)		Total Fat 11.4g	17%
Servings Per Recipe: 1		Saturated Fat 1.5g	7%
Amount Per Serving	% Daily Value	Cholesterol 23.2mg	7%
Calories 230.0		Sugars 17.2 g	
Calories from Fat 103	44%	Sodium 164.2mg	6%
		Total Carbohydrate 29.7g	9%
		Dietary Fiber 0.8g	3%
		Sugars 17.2 g	68%
		Protein 2.9g	5%

Variations:

- Use ½ cup applesauce, ½ cup canola oil, and use plain flour. Double the amount of the walnuts.
- Use ½ cup oil, and top muffins with cinnamon and sugar mixture.

CINNAMON MUFFINS

Prep Time: 15 mins

Total Time: 35 mins

Yield: 12 muffins



INGREDIENTS

1 1/2 cups flour

1/2 cup sugar

2 teaspoons baking powder

1/2 teaspoon salt

1/2 teaspoon ground nutmeg

1/2 teaspoon ground allspice

1 egg, beaten

1/2 cup milk

1/3 cup butter, melted

TOPPING

2 tablespoons sugar

1/2 teaspoon ground cinnamon

1/4 cup butter, melted

DIRECTIONS

1. Preheat oven at 400 degrees and lightly grease the muffin tins. Set aside.
2. Combine the flour with baking powder, nutmeg, salt, all spice and sugar in a bowl.
3. Cream butter with sugar, add in milk and mix well.
4. Incorporate flour mixture with the creamed mixture.
5. Fill muffin cups with the batter and bake in the oven for at least 20 minutes.
6. Let cool a bit before removing from the muffin tins.
7. For the garnish: mix cinnamon and sugar together and sprinkle on top of the muffin while it's warm.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (633 g)		Total Fat 9.9g	15%
Servings Per Recipe: 1		Saturated Fat 6.0g	30%
Amount Per Serving	% Daily Value	Cholesterol 40.6mg	13%
Calories 190.1		Sugars 10.5 g	
Calories from Fat 89	46%	Sodium 247.5mg	10%
		Total Carbohydrate 23.2g	7%
		Dietary Fiber 0.5g	2%
		Sugars 10.5 g	42%
		Protein 2.5g	5%

Variations:

- add some chopped up walnuts or pecans
- add up about a cup of finely chopped apples

DELICIOUS CORN MUFFINS

Prep Time: 15 mins

Total Time: 40 mins

Serves: 6, Yield: 12 muffins



INGREDIENTS

1/2 cup butter

2/3 cup sugar

1/4 cup honey

2 eggs

1/2 teaspoon salt

1 1/2 cups all-purpose flour

3/4 cup cornmeal

1/2 teaspoon baking powder

1/2 cup milk

3/4 cup frozen corn

DIRECTIONS

1. Heat up the oven at 400 degrees, grease muffin cups and set aside.
2. Combine cornmeal, flour, and baking powder in a bowl.
3. Incorporate the eggs, salt, honey, sugar and butter in a separate bowl and blend well.
4. Incorporate the wet mixture to flour mixture and mix well to combine, add milk gradually.
5. Add in corn and mix.
6. Spoon batter into muffin cups and bake in the oven for about 20-25 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (160 g)		Total Fat 18.6g	28%
Servings Per Recipe: 6		Saturated Fat 10.8g	54%
Amount Per Serving	% Daily Value	Cholesterol 105.5mg	35%
Calories 488.7		Sugars 34.0 g	
Calories from Fat 168	34%	Sodium 400.1mg	16%
		Total Carbohydrate 74.9g	24%
		Dietary Fiber 2.4g	9%
		Sugars 34.0 g	136%
		Protein 8.0g	16%

Variations:

- Use ¼ cup creamed corn and use ¼ cup sugars, ¼ cup honey.
- Use ½ cup sugar, 1 tsp. salt, ½ cup of whole wheat flour and ½ tsp. baking powder, and add up a dash of cayenne and a small can of green chilies.

BANANA STREUSEL MUFFINS

Prep Time: 10 mins

Total Time: 35 mins

Serves: 12, Yield: 12 muffins



INGREDIENTS

2 cups all-purpose flour

1 cup sugar

1 teaspoon baking powder

1 teaspoon salt

1/2 teaspoon baking soda

1/2 teaspoon cinnamon

2 eggs

1 cup sour cream

1/4 cup butter

2 medium ripe bananas

STREUSEL

1/4 cup sugar

3 tablespoons all-purpose flour

1/4 teaspoon cinnamon

2 tablespoons butter or 2 tablespoons margarine

DIRECTIONS

1. Preheat oven at 375 degrees. F, lightly grease muffin tins and set aside.
2. Mix dry ingredients together in a large mixing bowl. Reserve.
3. Meanwhile in a separate bowl, cream butter with the eggs and sour cream. Add in bananas.
4. Incorporate dry mixture with the wet mixture and blend well.
5. Spoon batter into the muffin tins.
6. Combine the streusel ingredients together in a small bowl and dust muffins with it.
7. Bake muffins in the preheated oven for about 20-25 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (99 g)		Total Fat 10.8g	16%
Servings Per Recipe: 12		Saturated Fat 6.4g	32%
Amount Per Serving	% Daily Value	Cholesterol 58.9mg	19%
Calories 285.5		Sugars 23.3 g	
Calories from Fat 98	34%	Sodium 339.8mg	14%
		Total Carbohydrate 43.7g	14%
		Dietary Fiber 1.2g	4%
		Sugars 23.3 g	93%
		Protein 4.2g	8%

Variations:

- Reduce the butter into half and use half whole wheat and half white flour.
- Halve the streusel topping and use plain yogurt for the sour cream.

CORN DOG MUFFINS

Prep Time: 5 mins

Total Time: 20 mins

Serves: 9, Yield: 18 muffins



INGREDIENTS

2 (8 1/2 ounce) packages cornbread mix

2 tablespoons brown sugar

2 eggs

1 cup milk

1 (11 ounce) cans whole kernel corn, drained

5 hot dogs, chopped

1 cup cheddar cheese, shredded

DIRECTIONS

1. Preheat oven at 400 degrees F. lightly grease muffin tins or spray with non-stick cooking spray. Set aside.
2. In a large mixing bowl, incorporate the cornbread mix with sugar, milk and eggs. Blend well.

3. Add in corn, cheese and hotdogs and mix.
4. Spoon batter into prepared muffin tins and bake for about 15 minutes or until done.
5. Let cool a bit before removing from the muffin tins.
6. Serve and enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (168 g)		Total Fat 20.5g	31%
Servings Per Recipe: 9		Saturated Fat 8.2g	41%
Amount Per Serving	% Daily Value	Cholesterol 72.6mg	24%
Calories 431.4		Sugars 15.7 g	
Calories from Fat 184	42%	Sodium 947.7mg	39%
		Total Carbohydrate 49.5g	16%
		Dietary Fiber 4.2g	16%
		Sugars 15.7 g	62%
		Protein 12.9g	25%

Variations:

- Use 3 cups of milk, and use creamed corn for the kernels.
- Use buttermilk instead of milk and omit the sugar. Use creamed corn, 8 hotdogs and 1 can of cubed Ortega chilies.

ONE MINUTE FLAX MUFFIN - LOW CARB

Prep Time: 2 mins

Total Time: 3 mins

Serves: 1, Yield: 1 muffin



INGREDIENTS

1/4 cup flax seed meal

1/2 teaspoon baking powder

1/4 teaspoon stevia powder

1 teaspoon cinnamon

1 egg

1 teaspoon oil

DIRECTIONS

1. Combine all the ingredients in a coffee cup.
2. Place in the microwave and bake for at least 1 minute at high setting.
3. Top with some butter and serve. Enjoy!

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (87 g)		Total Fat 21.0g	32%
Servings Per Recipe: 1		Saturated Fat 3.1g	15%
Amount Per Serving	% Daily Value	Cholesterol 186.0mg	62%
Calories 268.4		Sugars 0.6 g	
Calories from Fat 189	70%	Sodium 261.2mg	10%
		Total Carbohydrate 11.1g	3%
		Dietary Fiber 9.0g	36%
		Sugars 0.6 g	2%
		Protein 11.5g	23%

Variations:

- Use honey in place of stevia, peanut butter, and a little jelly. Add some nuts and berries.
- Use 2 packets stevia, a little vanilla, little pumpkin in place of the oil, some cream cheese and a little nutmeg.

CHOCOLATE PUMPKIN MUFFINS

Prep Time: 5 mins

Total Time: 30 mins

Serves: 12, Yield: 12 Muffins



INGREDIENTS

1 chocolate cake mix

1 (15 1/2 ounce) cans pumpkin

DIRECTIONS

1. Preheat oven at 350 degrees and grease muffin tins or line with paper cups.
2. Combine pumpkin with the chocolate mix and blend well.
3. Spoon into muffin cups and bake in the oven for about 20-25 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (36 g)		Total Fat 0.0g	0%
Servings Per Recipe: 12		Saturated Fat 0.0g	0%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 9.5		Sugars 0.5 g	
Calories from Fat 0	78%	Sodium 0.3mg	0%
		Total Carbohydrate 2.3g	0%
		Dietary Fiber 0.1g	0%
		Sugars 0.5 g	2%
		Protein 0.3g	0%

Variations:

- Replace pumpkin with applesauce, use milk chocolate cake mix and about ½ cup semi-sweet chocolate chips.
- Use acorn squash, add up some chocolate chips, 1/3 milk and pecans.

2 INGREDIENT PUMPKIN MUFFINS

Prep Time: 5 mins

Total Time: 25 mins

Servings: 18



INGREDIENTS

18 ounces spice cake mix

15 ounces pumpkin

DIRECTIONS

1. Combine the ingredients in a hand or electric mixer and beat until smooth and well mixed.
2. Fill muffin tins lined with paper cups and bake in the oven for about 18-22 minutes at 350 degrees.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (52 g)		Total Fat 3.9g	6%
Servings Per Recipe: 18		Saturated Fat 0.9g	4%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 130.2		Sugars 13.5 g	
Calories from Fat 35	27%	Sodium 186.8mg	7%
		Total Carbohydrate 22.7g	7%
		Dietary Fiber 0.6g	2%
		Sugars 13.5 g	54%
		Protein 1.4g	2%

Variations:

- Add up cinnamon, $\frac{1}{4}$ cup water, nutmeg, some M&M and walnuts.
- Use pumpkin pie mix, a can of pumpkin, 1 egg beaten, some chopped walnuts and cranberries.

MORNING GLORY MUFFINS

Prep Time: 20 mins

Total Time: 55 mins

Yield: 12 muffins



INGREDIENTS

1 1/3 cups all-purpose flour

3/4 cup sugar

1 1/2 teaspoons baking soda

1 1/2 teaspoons cinnamon

1/3 teaspoon salt

2/3 cup oil

2 eggs

1 1/4 teaspoons vanilla extract

1 1/3 cups grated peeled apples

1/3 cup raisins

1/3 cup flaked coconut

1/3 cup shredded carrot

1/3 cup chopped walnuts

DIRECTIONS

1. Heat up your oven at 350 degrees F. line muffin cups with paper cups or grease.
2. In a large bowl, mix the dry ingredients together. Set aside.
3. Meanwhile combine the eggs with oil, and vanilla until well blended.
4. Incorporate wet mixture into the flour mixture and mix well.
5. Add in the carrots, apples, nuts, coconuts and raisins.
6. Spoon batter into muffin cups and bake in the oven for about 25-30 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (905 g)		Total Fat 13.7g	21%
Servings Per Recipe: 1		Saturated Fat 2.4g	12%
Amount Per Serving	% Daily Value	Cholesterol 31.0mg	10%
Calories 251.4		Sugars 17.4 g	
Calories from Fat 123	49%	Sodium 243.9mg	10%
		Total Carbohydrate 30.1g	10%
		Dietary Fiber 1.3g	5%
		Sugars 17.4 g	69%
		Protein 2.7g	5%

Variations:

- Omit walnuts; use 2 mashed bananas, 1 tsp. baking powder, 1/3 cup water, 2/3 cup raisins, and cranberries. Also add in zucchini, apples, carrots and omit coconut.
- Use pecans for the nuts and use applesauce instead of oil.

THE BEST PEACH NECTARINE MUFFINS

Prep Time: 10 mins

Total Time: 30 mins

Servings: 8



INGREDIENTS

1 1/2 cups flour

3/4 cup white sugar

1/2 teaspoon salt

2 teaspoons baking powder

1/3 cup vegetable oil

1 egg

1/3 cup milk

1 ripe peach

1 ripe nectarine, pitted and diced

1/8-1/4 cup brown sugar

DIRECTIONS

1. Heat up the oven at 400 degrees, line muffin cups with paper cups or grease with cooking spray.
2. Combine the dry ingredients in a large bowl
3. Stir in egg, milk and oil. Mix until well incorporated.
4. Add in fruit and nectarine.
5. Spoon batter into the muffin cups and dust with sugar.
6. Bake for at least 15-20 minutes or until done. Sprinkle tops with brown sugar.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (109 g)		Total Fat 10.3g	15%
Servings Per Recipe: 8		Saturated Fat 1.6g	8%
Amount Per Serving	% Daily Value	Cholesterol 24.6mg	8%
Calories 282.3		Sugars 25.1 g	
Calories from Fat 93	33%	Sodium 251.5mg	10%
		Total Carbohydrate 44.4g	14%
		Dietary Fiber 1.2g	4%
		Sugars 25.1 g	100%
		Protein 3.9g	7%

Variations:

- Use 2 cups chopped peaches, and omit nectarines, use half amount of the sugar and add up walnuts.
- Replace applesauce for the oil, use turbinado sugar in place of brown sugar, add up some juice from one lime, 2 tbsp. vanilla and top with grated lime zest

APPLE CINNAMON MUFFINS

Prep Time: 10 mins

Total Time: 33 mins

Servings: 24



INGREDIENTS

- 3 cups flour
- 3/4 cup sugar
- 3/4 cup packed brown sugar
- 3 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1 cup milk
- 2/3 cup butter, melted
- 2 eggs, slightly beaten
- 2 cups finely chopped tart apples

DIRECTIONS

1. Heat up your oven at 375 degrees and lightly grease muffin pans or line with paper

cups.

2. Mix dry ingredients together in a bowl and blend well.
3. Add up the rest of ingredients and blend until well combined.
4. Fill muffin cups with the muffin batter and bake for about 19-23 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (80 g)		Total Fat 6.0g	9%
Servings Per Recipe: 24		Saturated Fat 3.6g	18%
Amount Per Serving	% Daily Value	Cholesterol 30.4mg	10%
Calories 171.1		Sugars 14.0 g	
Calories from Fat 54	31%	Sodium 103.7mg	4%
		Total Carbohydrate 27.1g	9%
		Dietary Fiber 0.7g	3%
		Sugars 14.0 g	56%
		Protein 2.5g	5%

Variations:

- Use whole wheat flour, ½ cup each of the sugars, and replace butter with applesauce.
- Use buttermilk instead of melted butter and milk; add about 2 tbsp. oil and use half whole wheat and half all purpose.

BANANA YOGURT MUFFINS

Prep Time: 10 mins

Total Time: 35 mins

Servings: 12



INGREDIENTS

DRY INGREDIENTS

1/2 cup sugar

2 cups flour

1/2 teaspoon salt

1 tablespoon baking powder

1/4 teaspoon ground cinnamon

WET INGREDIENTS

1 cup non-fat vanilla yogurt

1 egg

2 tablespoons skim milk

1/4 cup vegetable oil

2 ripe bananas, mashed

DIRECTIONS

1. Preheat oven at 400 degrees F, lightly grease muffin cups or line with paper cups.
2. Incorporate the dry ingredients together in a bowl.
3. In a separate bowl combine wet ingredients together.
4. Combine wet mixture with dry mixture and mix until well incorporated.
5. Add in bananas and fill muffin tins with the batter.
6. Bake for about 20-25 minutes or until done.
7. Serve with some strawberries.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (61 g)		Total Fat 5.2g	8%
Servings Per Recipe: 12		Saturated Fat 0.7g	3%
Amount Per Serving	% Daily Value	Cholesterol 15.5mg	5%
Calories 173.4		Sugars 10.7 g	
Calories from Fat 46	27%	Sodium 195.7mg	8%
		Total Carbohydrate 29.2g	9%
		Dietary Fiber 1.1g	4%
		Sugars 10.7 g	43%
		Protein 2.9g	5%

Variations:

- Use banana chinks instead of mashed, use whole wheat flour and add up more vanilla around ½ tsp. add in also a little rum extract and top muffins with chopped walnuts.
- Use raspberry yogurt instead of vanilla and add up some honey.

HOLIDAY GINGERBREAD MUFFINS

Prep Time: 10 mins

Total Time: 30 mins

Yield: 12 muffins



INGREDIENTS

1 egg

1/4 cup applesauce

3 tablespoons vegetable oil

1/4 cup molasses

1/2 cup sugar

1 1/2 cups flour

1 teaspoon baking soda

1/2 teaspoon salt

1 teaspoon cinnamon

1/2 teaspoon clove

1/4 teaspoon ginger

1/4 teaspoon nutmeg

1/2 cup boiling water

Sugar, to sprinkle

DIRECTIONS

1. Heat up your oven at 350 degrees and lightly grease muffin cups or line with paper cups.
2. Whisk eggs in a bowl with the oil, applesauce, ½ cup sugar and molasses. Whisk until combined.
3. Mix dry ingredients in a separate bowl.
4. Incorporate dry mixture with wet mixture until moist.
5. Spoon batter into muffin cups and bake for about 20-25 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (658 g)		Total Fat 4.0g	6%
Servings Per Recipe: 1		Saturated Fat 0.6g	3%
Amount Per Serving	% Daily Value	Cholesterol 17.6mg	5%
Calories 150.8		Sugars 12.3 g	
Calories from Fat 36	24%	Sodium 212.5mg	8%
		Total Carbohydrate 26.8g	8%
		Dietary Fiber 0.6g	2%
		Sugars 12.3 g	49%
		Protein 2.1g	4%

Variations:

- Use 1 cup whole wheat flour, ½ cup all-purpose flour and add in extra ¼ tsp. baking soda.
- Add up little orange zest, Karo syrup, and use peeled and chopped apples add a little orange zest

LEMONADE MUFFINS

Prep Time: 20 mins

Total Time: 40 mins

Yield: 8-9 large muffins



INGREDIENTS

1 1/2 cups flour

1/4 cup sugar

2 1/2 teaspoons baking powder

1/2 teaspoon salt

1 beaten egg

1 (6 ounce) cans frozen lemonade, thawed

1/4 cup milk

1/3 cup cooking oil

1/2 cup chopped walnuts

DIRECTIONS

1. Heat up your oven at 375 degrees, and greaser muffin cups or line with paper cups.

2. Combine the dry ingredients together in a bowl.
3. In a separate bowl, combine the eggs with oil, milk and ½ cup of lemonade.
4. Incorporate wet mixture with dry mixture and blend until well mixed.
5. Fold in nuts.
6. Fill muffin cups with the batter and bake for about 15-20 minutes.
7. Once done brush the hot muffin tops with the rest of lemonade and dust with white sugar.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (674 g)		Total Fat 15.0g	23%
Servings Per Recipe: 1		Saturated Fat 2.0g	10%
Amount Per Serving	% Daily Value	Cholesterol 27.5mg	9%
Calories 292.9		Sugars 16.6 g	
Calories from Fat 135	46%	Sodium 272.8mg	11%
		Total Carbohydrate 36.4g	12%
		Dietary Fiber 1.1g	4%
		Sugars 16.6 g	66%
		Protein 4.6g	9%

Variations:

- Add in walnuts, 1/8 cup sugar and dilute the lemonade a bit.
- Reduce amount of lemonade to ¼ cup and reduce oven temperature to 350.

LUNCH BOX MUFFINS

Prep Time: 20 mins

Total Time: 50 mins

Yield: 18 muffins



INGREDIENTS

1 cup shredded zucchini

3 -5 ripe bananas, mashed

1/2 cup firmly packed brown sugar

1 egg

1 1/2 teaspoons baking soda

1 1/2 teaspoons baking powder

1 1/2 cups all-purpose flour

1 cup quick-cooking oatmeal

1/2 cup melted butter

1/2 teaspoon salt

DIRECTIONS

1. Preheat oven at 350 degrees, lightly grease muffin cups or line with paper cups.
2. Combine zucchini with mashed banana and then add in the eggs, sugar and butter.
3. In another bowl, mix dry ingredients together until combined.
4. Incorporate dry mixture with wet mixture until moist.
5. Spoon batter into muffin cups and bake for about 20-30 minutes.
6. Add dry to wet and mix until incorporated.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (1038 g)		Total Fat 5.8g	9%
Servings Per Recipe: 1		Saturated Fat 3.4g	17%
Amount Per Serving	% Daily Value	Cholesterol 23.8mg	7%
Calories 146.2		Sugars 8.5 g	
Calories from Fat 52	36%	Sodium 187.0mg	7%
		Total Carbohydrate 21.8g	7%
		Dietary Fiber 1.3g	5%
		Sugars 8.5 g	34%
		Protein 2.3g	4%

Variations:

- Use about 1 ½ cups zucchini and 2 bananas. Reduce butter to ¼ cup.
- Add up 2 tbsp. ground flax seed and replace half of the butter with applesauce.

COCONUT MUFFINS

Prep Time: 10 mins

Total Time: 35 mins

Servings: 6



INGREDIENTS

1 egg, beaten

1/2 cup milk

1/4 cup oil

1 teaspoon vanilla essence

1/2 teaspoon salt

2 teaspoons baking powder

1/2 cup sugar

1 cup coconut, grated

1 1/2 cups all-purpose flour

DIRECTIONS

1. Preheat oven at 350 degrees F, lightly grease muffin tins.

2. Whisk eggs in a bowl, add in milk, essence and oil and whisk well to combine.
3. Add in the dry ingredients and mix until well incorporated.
4. Fill muffin cups with the batter and bake for at least 25 minutes.
5. Let cool before removing from the muffin tins.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (102 g)		Total Fat 20.0g	30%
Servings Per Recipe: 6		Saturated Fat 10.0g	50%
Amount Per Serving	% Daily Value	Cholesterol 33.8mg	11%
Calories 379.9		Sugars 17.8 g	
Calories from Fat 180	47%	Sodium 342.7mg	14%
		Total Carbohydrate 45.3g	15%
		Dietary Fiber 3.1g	12%
		Sugars 17.8 g	71%
		Protein 5.9g	11%

Variations:

- Use $\frac{3}{4}$ cup of milk instead of $\frac{1}{2}$ cup. Use 1 $\frac{1}{2}$ cups of coconut and $\frac{1}{2}$ tsp. coconut essence. Omit salt and increase sugar to $\frac{3}{4}$ cup. Also add up some chopped almonds.
- Replace butter with applesauce, add in $\frac{3}{4}$ cup chopped dried pineapple.

BREAKFAST ON AN ENGLISH MUFFIN

Prep Time: 5 mins

Total Time: 10 mins

Servings: 4



INGREDIENTS

4 English muffins or 8 crumpets cut in half

1/3 cup peanut butter

1/3 cup honey

2 bananas, thinly sliced

1/8 teaspoon cinnamon

DIRECTIONS

1. Heat up the broiler or grill. And lightly toast the crumpets or muffins.
2. Place peanut butter into the muffins and spread, next spread the honey and top with bananas.
3. Arrange muffins in a cookie sheet and broil until the honey sizzle.
4. Dust with cinnamon and serve.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (165 g)		Total Fat 11.9g	18%
Servings Per Recipe: 4		Saturated Fat 2.7g	13%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 394.1		Sugars 34.3 g	
Calories from Fat 107	27%	Sodium 308.8mg	12%
		Total Carbohydrate 66.1g	22%
		Dietary Fiber 4.9g	19%
		Sugars 34.3 g	137%
		Protein 11.1g	22%

Variations:

- Use 1 tbsp. peanut butter per muffin and just a drizzle of honey.
- Use corn syrup in place of the honey and add up some grape nuts on top of the spreads.

COSTCO MUFFINS - COPYCAT

Prep Time: 10 mins

Total Time: 30 mins

Servings: 24



INGREDIENTS

1 (18 ounce) boxes cake mix, package

2 tablespoons flour

3 eggs

2/3 cup milk

1/3 cup vegetable oil

1 teaspoon baking powder

DIRECTIONS

1. Preheat oven at 375 degrees and grease muffin cups.
2. Combine all the ingredients together in a bowl.
3. Fill muffin cups with the batter and bake for at least 20 minutes or until done

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (38 g)		Total Fat 6.2g	9%
Servings Per Recipe: 24		Saturated Fat 1.0g	5%
Amount Per Serving	% Daily Value	Cholesterol 24.2mg	8%
Calories 133.7		Sugars 11.7 g	
Calories from Fat 55	41%	Sodium 169.6mg	7%
		Total Carbohydrate 17.6g	5%
		Dietary Fiber 0.2g	0%
		Sugars 11.7 g	46%
		Protein 2.0g	4%

Variations:

- Use French vanilla cake mix and add up some fresh berries.
- Use chocolate cake mix and add up some semi-sweet chocolate chips.

DOUGHNUT MUFFINS

Prep Time: 5 mins

Total Time: 25 mins

Yield: 12 muffins



INGREDIENTS

1 egg

1/3 cup oil

1/2 cup milk

1 1/2 cups flour, sifted

1/2 teaspoon nutmeg

1/2 teaspoon salt

2 teaspoons baking powder

3 tablespoons sugar

TOPPING

3 tablespoons sugar

1 teaspoon cinnamon

DIRECTIONS

1. Preheat oven at 400 degrees F, lightly grease or line muffin cups with paper cups.
2. Whisk eggs in a bowl and then add in the milk and oil until well combined. Set aside.
3. In a separate bowl, sift dry ingredients together and mix to combine.
4. Incorporate dry mixture with wet mixture until well combined.
5. Spoon muffin batter into muffin cups.
6. Combine the topping ingredients and then dust muffins with the prepared topping.
7. Place a spoonful of butter on top and bake in the oven for about 20 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (525 g)		Total Fat 7.0g	10%
Servings Per Recipe: 1		Saturated Fat 1.1g	5%
Amount Per Serving	% Daily Value	Cholesterol 19.0mg	6%
Calories 148.7		Sugars 6.4 g	
Calories from Fat 63	42%	Sodium 168.6mg	7%
		Total Carbohydrate 19.1g	6%
		Dietary Fiber 0.5g	2%
		Sugars 6.4 g	25%
		Protein 2.4g	4%

Variations:

- Add up cinnamon to the batter and use freshly shredded nutmeg. Bake for only 15 minutes.
- Add up ½ tsp. to the batter and use ½ cup sugar. Add up egg beaters.

MANGO MUFFINS

Prep Time: 15 mins

Total Time: 33 mins

Yield: 18 muffins



INGREDIENTS

2 cups flour

4 teaspoons baking powder

1/2 teaspoon salt

1 cup sugar or 3/4 cup honey

1/4 cup vegetable oil

1 cup milk

1 egg

1 -1 1/2 cup mango, pulp of 2 fully ripe mangoes

DIRECTIONS

1. Slice and remove seeds of the mango and then chop.

2. Preheat oven at 400 degrees and grease muffin tins.
3. Mix dry ingredients in a bowl.
4. Whisk eggs together with the oil and milk in another bowl.
5. Incorporate egg mixture with flour mixture and then mix very well.
6. Add in mango pulp.
7. Spoon batter into the muffin tins and bake for about 15-18 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (984 g)		Total Fat 3.9g	6%
Servings Per Recipe: 1		Saturated Fat 0.8g	4%
Amount Per Serving	% Daily Value	Cholesterol 12.2mg	4%
Calories 138.9		Sugars 12.3 g	
Calories from Fat 35	25%	Sodium 156.3mg	6%
		Total Carbohydrate 23.9g	7%
		Dietary Fiber 0.5g	2%
		Sugars 12.3 g	49%
		Protein 2.3g	4%

Variations:

- Use 2/3 cup of sugar, 2/3 cup of milk, and add up some coconut about ½ cup.
- Use 1 tbsp. oil, ½ cup mango pulp, omit the eggs and use whole wheat flour.

JAFFA MUFFINS

Prep Time: 10 mins

Total Time: 25 mins

Serves: 12, Yield: 12 muffins



INGREDIENTS

2 cups self-rising flour

60 g butter

1/2 cup sugar

1 cup chocolate chips

2 eggs, lightly beaten

1/2 cup milk

1/2 cup orange juice

1 tablespoon orange zest

DIRECTIONS

1. Heat up the oven at 400 degrees F. grease muffin tins. Set aside.

2. Sift the flour in a bowl and add in butter.
3. Add up the rest of ingredients and mix to combine.
4. Fill muffin cups with the batter and bake for about 15-20 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (77 g)		Total Fat 9.6g	14%
Servings Per Recipe: 12		Saturated Fat 5.5g	27%
Amount Per Serving	% Daily Value	Cholesterol 43.1mg	14%
Calories 232.3		Sugars 16.8 g	
Calories from Fat 86	37%	Sodium 318.6mg	13%
		Total Carbohydrate 34.4g	11%
		Dietary Fiber 1.4g	5%
		Sugars 16.8 g	67%
		Protein 4.1g	8%

Variations:

- Use dark chocolate chips and use all-purpose flour. Add up 3 tsp. of baking powder and 1 tsp. of salt.
- Use regular flour and add up 1 tsp. of baking powder.

BANANA OATMEAL MUFFINS

Prep Time: 10 mins

Total Time: 25 mins

Servings: 12



INGREDIENTS

2 cups flour

1 cup quick-cooking oats

1 cup brown sugar

1 teaspoon baking soda

1 teaspoon baking powder

1/2 teaspoon salt

1/2 teaspoon nutmeg

1 teaspoon cinnamon

1 1/2 cups bananas, mashed

2 eggs

1/3 cup butter, melted

1 teaspoon vanilla

DIRECTIONS

1. Heat up your oven at 375 degrees, and lightly grease muffin cups.
2. Sift dry ingredients together in a bowl and set aside.
3. In another bowl, whisk eggs with mashes bananas, butter and vanilla.
4. Incorporate flour mixture with the wet mixture and blend until well incorporated.
5. Fill muffin cups with the batter and bake for about 15 minutes or until done.
6. Let cool for a bit before removing from the muffin cups.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (81 g)		Total Fat 6.6g	10%
Servings Per Recipe: 12		Saturated Fat 3.6g	18%
Amount Per Serving	% Daily Value	Cholesterol 44.5mg	14%
Calories 247.1		Sugars 20.3 g	
Calories from Fat 59	24%	Sodium 295.0mg	12%
		Total Carbohydrate 43.1g	14%
		Dietary Fiber 1.8g	7%
		Sugars 20.3 g	81%
		Protein 4.3g	8%

Variations:

- Add in some flax seeds and walnuts. Replace oil with applesauce.
- Use whole wheat flour, rolled oats instead of quick cooking, and coconut oil for the butter. Use pure maple syrup and organic sugar instead of refined.

VEGAN BANANA MUFFINS

Prep Time: 10 mins

Total Time: 30 mins

Serves: 12, Yield: 12 muffins



INGREDIENTS

4 ripe bananas

1/2 cup brown sugar

1/2 cup vegetable oil

1 teaspoon cinnamon

1 teaspoon cardamom powder

3/4 teaspoon salt

1 cup whole wheat flour

1 1/2 cups white flour

1 teaspoon baking powder

1 teaspoon baking soda

DIRECTIONS

1. Heat up your oven at 350 degrees and grease muffin tins.
2. Mash the bananas in a mixing bowl and add in the sugar, cardamom, cinnamon and salt.
3. Stir in flours, baking soda and baking powder. Blend well.
4. Fill muffin cups with the batter and bake in the oven for about 20-25 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (84 g)		Total Fat 9.6g	14%
Servings Per Recipe: 12		Saturated Fat 1.2g	6%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 242.2		Sugars 13.7 g	
Calories from Fat 86	35%	Sodium 284.0mg	11%
		Total Carbohydrate 37.4g	12%
		Dietary Fiber 2.6g	10%
		Sugars 13.7 g	55%
		Protein 3.4g	6%

Variations:

- Reduce flour into 12 cups, add some quick cooking oats and flax seed about ¼ cup each. Add up some blueberries and increase baking soda into 1 ½ tsp.
- Use whole wheat pastry flour, and add up some applesauce.

MIX-IN MUFFINS

Prep Time: 10 mins

Total Time: 30 mins

Yield: 12 muffins



INGREDIENTS

1 1/2 cups all-purpose flour

1/3 cup sugar

1 1/2 teaspoons baking powder

1/4 teaspoon baking soda

1/4 teaspoon salt

1/2 cup unsalted butter

1 cup sour cream

1 large egg

1 teaspoon vanilla

OPTIONAL INGREDIENTS

1 cup fresh blueberries or 1 cup dried blueberries

1 chopped banana, with
3/4 cup chocolate chips
1 tablespoon orange zest, with
3/4 cup dried cranberries
1 cup dried cherries, with
3/4 cup chocolate chips

DIRECTIONS

1. Heat up your oven at 400 degrees and grease muffin cups or line with paper cups.
2. Sift dry ingredients together in a bowl and mix.
3. Soften the butter in another bowl and whisk in the eggs, sour cream and vanilla.
4. Combine butter mixture with flour mixture and blend. Don't over blend.
5. Add up the optional ingredients of your choice.
6. Fill muffin cups with the batter and bake in the oven for about 20 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (1262 g)		Total Fat 18.3g	28%
Servings Per Recipe: 1		Saturated Fat 10.9g	54%
Amount Per Serving	% Daily Value	Cholesterol 45.8mg	15%
Calories 310.3		Sugars 20.4 g	
Calories from Fat 165	53%	Sodium 145.4mg	6%
		Total Carbohydrate 36.5g	12%
		Dietary Fiber 2.5g	10%
		Sugars 20.4 g	81%
		Protein 3.7g	7%

Variations:

- Use plain yogurt instead of sour cream. Add up some pecans.

- Add up all the optional ingredients.

PINEAPPLE AND SOUR CREAM MUFFINS

Prep Time: 10 mins

Total Time: 30 mins

Serves: 8-9, Yield: 9.0 muffins



INGREDIENTS

1/4 cup sugar

1 egg

1/4 cup butter

1 cup sour cream

1 1/2 cups flour

1 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

1 cup well drained crushed pineapple

DIRECTIONS

1. Preheat oven at 375 degrees and grease muffin tins.

2. Sift the dry ingredients together in a bowl and set aside.
3. Cream butter and sugar in a separate bowl; add in eggs, and sour cream.
4. Combine creamed mixture with flour mixture until well combined.
5. Spoon muffin batter into muffin cups and bake in the oven for about 20 minutes.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (92 g)		Total Fat 12.2g	18%
Servings Per Recipe: 8		Saturated Fat 7.1g	35%
Amount Per Serving	% Daily Value	Cholesterol 53.4mg	17%
Calories 243.7		Sugars 11.8 g	
Calories from Fat 110	45%	Sodium 352.7mg	14%
		Total Carbohydrate 30.0g	10%
		Dietary Fiber 0.8g	3%
		Sugars 11.8 g	47%
		Protein 3.9g	7%

Variations:

- Use fat free sour cream, and light margarine. Increase sugar a little.
- Add in ¼ cup sweetened flaked coconut to the batter.

HEY GIRLS CHOCOLATE MUFFINS

Prep Time: 10 mins

Total Time: 30 mins

Servings: 12



INGREDIENTS

1 3/4 cups all-purpose flour

1 cup sugar

1/2 cup unsweetened cocoa powder

1/4 teaspoon baking soda

2 teaspoons baking powder

2 large eggs

1 cup milk

1/2 cup butter, melted

1/2 cup mini chocolate chip

DIRECTIONS

1. Preheat oven at 350 degrees and grease muffin cups or line with paper cups.

2. Mix dry ingredients together in a bowl. Set aside.
3. Meanwhile, combine eggs, melted butter, chips and milk in a separate bowl.
4. Incorporate wet mixture with dry mixture and blend well.
5. Fill muffin cups with the batter and bake in the oven for about 18-20 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (84 g)		Total Fat 12.0g	18%
Servings Per Recipe: 12		Saturated Fat 7.1g	35%
Amount Per Serving	% Daily Value	Cholesterol 54.1mg	18%
Calories 266.7		Sugars 20.7 g	
Calories from Fat 108	40%	Sodium 178.1mg	7%
		Total Carbohydrate 38.4g	12%
		Dietary Fiber 2.1g	8%
		Sugars 20.7 g	82%
		Protein 4.6g	9%

Variations:

- Use ¼ cup milk and ¾ cup cold espresso to make it 1 cup.
- Add in 1 tsp. cinnamon, ¾ tsp. salt and sprinkle choc chips on top of the muffins before baking.

NO FLOUR OATMEAL MUFFINS

Prep Time: 10 mins

Total Time: 25 mins

Yield: 12 muffins



INGREDIENTS

2 1/4 cups oatmeal

1/4 cup nuts

1/4 cup raisins

2 teaspoons baking powder

1/2 teaspoon salt

3/4 cup milk

2/3 cup honey

2 eggs

2 tablespoons vegetable oil

DIRECTIONS

1. Heat up your oven at 450 degrees, grease muffin tins or line with paper cups.
2. Combine oats, raisins, nuts, salt and baking powder in a bowl.
3. Add up the remaining ingredients and mix well to blend.
4. Fill muffin cups with the batter and bake in the oven for about 13-15 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (800 g)		Total Fat 6.0g	9%
Servings Per Recipe: 1		Saturated Fat 1.2g	6%
Amount Per Serving	% Daily Value	Cholesterol 33.1mg	11%
Calories 182.9		Sugars 17.5 g	
Calories from Fat 54	29%	Sodium 100.9mg	4%
		Total Carbohydrate 29.8g	9%
		Dietary Fiber 1.9g	7%
		Sugars 17.5 g	70%
		Protein 4.1g	8%

Variations:

- Use soy milk, reduce amount of honey to ½ cup, and add up ¼ cup applesauce and 3 tbsp. ground flax seed. Also increase raisins to ½ cup and add up ¼ tsp. cinnamon.
- Replace honey with sugar, add in 1 apple shredded, use craisins instead of raisins, add vanilla extract with vanilla paste, egg beaters for the eggs and use rolled oats.

HONEY GRAHAM MUFFINS

Prep Time: 5 mins

Total Time: 20 mins

Yield: 10 muffins



INGREDIENTS

3 cups crushed honey graham crackers

1/4 cup sugar

2 teaspoons baking powder

1 cup skim milk

2 egg whites

2 tablespoons honey

1 dash cinnamon

DIRECTIONS

1. Heat up your oven at 400 degrees and grease muffin cups or line with paper liners.
2. Mix the crackers with baking powder and sugar in a bowl.

3. In another bowl, whisk egg whites with the milk, cinnamon and honey.
4. Incorporate milk blend with the cracker mixture and mix well.
5. Fill muffin cups with the batter and bake in the oven for 15 minutes,
6. Let cool for 5 minutes before removing from the muffin cups.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (498 g)		Total Fat 2.6g	4%
Servings Per Recipe: 1		Saturated Fat 0.4g	2%
Amount Per Serving	% Daily Value	Cholesterol 0.4mg	0%
Calories 152.7		Sugars 16.3 g	
Calories from Fat 23	15%	Sodium 250.7mg	10%
		Total Carbohydrate 29.4g	9%
		Dietary Fiber 0.7g	2%
		Sugars 16.3 g	65%
		Protein 3.4g	6%

Variations:

- Use 1 whole egg with 1% milk instead of 2 egg whites; add in ½ cup of berries and some Hershey kisses to the middle of each muffin.
- Use crumbs for the cracker and replace egg whites with 3 tbsp. ground flax mixed with 4 tbsp. water. Use Lyle's syrup in place of honey and oat milk in place of soy milk.

SPUD MUFFINS, TWO WAYS

Prep Time: 10 mins

Total Time: 30 mins

Servings: 8



INGREDIENTS

ITALIAN VERSION

2 cups mashed potatoes

1/4-1/2 teaspoon garlic powder

2 -3 tablespoons grated parmesan cheese or 2 -3 tablespoons cheddar cheese

1/2 cup sour cream

Salt and pepper

MEXICAN VERSION

2 cups mashed potatoes

1/2 cup chopped green chili

1/2 cup black olives

1/2 cup sour cream

1/2 cup cheddar cheese, grated

DIRECTIONS

1. Preheat oven at 325 degrees. Grease muffin tins or line with paper cups.
2. Place spoonful of potato blend into each muffin cup and bake in the preheated oven for about 20-30 minutes.
3. Serve hot.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (159 g)		Total Fat 9.8g	15%
Servings Per Recipe: 8		Saturated Fat 5.4g	27%
Amount Per Serving	% Daily Value	Cholesterol 25.5mg	8%
Calories 190.2		Sugars 3.1 g	
Calories from Fat 89	46%	Sodium 465.5mg	19%
		Total Carbohydrate 20.9g	6%
		Dietary Fiber 1.9g	7%
		Sugars 3.1 g	12%
		Protein 5.1g	10%

Variations:

- Use Italian version and use full fat sour cream and aged white cheddar.
- Use mashed potatoes, and half amount of the sour cream. Use the Mexican version and omit the jalapenos and olives. Use combination of mozzarella and cheddar and top with more cheese.

MAGIC MUFFINS

Prep Time: 10 mins

Total Time: 30 mins

Servings: 12



INGREDIENTS

1 egg, beaten

4 tablespoons oil

3/4 cup milk

3/4 cup malt-o-meal instant oats

1 1/4 cups flour

1/2 cup sugar

3 teaspoons baking powder

1/2 teaspoon salt

1 teaspoon vanilla extract

DIRECTIONS

1. Preheat oven at 400 degrees and grease muffin cups.
2. Combine all of the ingredients in a bowl and mix very well.
3. Spoon batter into muffin cups and bake in the preheated oven for about 20 minutes or until done.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (52 g)		Total Fat 5.9g	9%
Servings Per Recipe: 12		Saturated Fat 1.1g	5%
Amount Per Serving	% Daily Value	Cholesterol 19.7mg	6%
Calories 155.6		Sugars 8.4 g	
Calories from Fat 53	34%	Sodium 201.4mg	8%
		Total Carbohydrate 22.6g	7%
		Dietary Fiber 0.8g	3%
		Sugars 8.4 g	33%
		Protein 3.1g	6%

Variations:

- Add in some chopped dried apricots and use brown sugar as sweetener.
- Add in some chocolate chips and 1 tsp. vanilla.