

Over  
200  
Internet Muffin  
Recipes

Compiled & edited by Judi

Most of these recipes appeared on rec.food.cooking and rec.food.recipes in the early to mid 1990's. I have compiled and edited them together into one document, and in many cases made changes to the recipes. Permission is granted to *freely* distribute this document for personal use only. No guarantees are made about how yummy a recipe may be—I have not tried them all.

In my opinion, the best recipes here are Pumpkin Chocolate Chip Muffins, Banana Pecan Muffins, and Lemon Spice Muffins, but YMMV.

Please send feedback to [muffins@psychokiwi.org](mailto:muffins@psychokiwi.org).

Version 2  
7 April 2002

# TABLE OF CONTENTS

Sweet Muffins.....	7
ALMOND AND APRICOT SURPRISE MUFFINS.....	7
AMARETTO AND ALMOND MUFFINS.....	7
APPLE MUFFINS.....	7
APPLE CHEESE MUFFINS.....	7
APPLE AND CINNAMON MUFFINS.....	8
APPLE RAISIN MUFFINS.....	8
APPLE SAUCE OATMEAL MUFFINS.....	8
APPLE SAUCE RAISIN MUFFINS.....	8
APPLE SAUCE SURPRISE MUFFINS.....	9
APPLE STRUDEL MUFFINS.....	9
APRICOT MUFFINS.....	9
APRICOT AND GINGER MUFFINS.....	9
APRICOT GRAHAM MUFFINS.....	10
AUTUMN MUFFINS.....	10
AVOCADO MUFFINS.....	10
BANANA MUFFINS.....	10
BANANA MUFFINS – BEST EVER.....	10
BANANA ALMOND MUFFINS.....	11
BANANA AND BRAN MUFFINS.....	11
BANANA CURRY MUFFINS.....	11
BANANA AND GREEN GINGER MUFFINS.....	11
BANANA AND PASSIONFRUIT MUFFINS.....	11
BANANA PECAN MUFFINS.....	12
BANANA AND POPPYSEED MUFFINS.....	12
BANANA WALNUT MUFFINS.....	12
BEER MUFFINS.....	12
BLACK BOTTOM MUFFINS.....	13
BLACKSTRAP MOLASSES BRAN MUFFINS.....	13
BLUEBERRY MUFFIN CAKE.....	13
BLUEBERRY BRAN MUFFINS.....	13
BLUEBERRY CORN MUFFINS.....	14
BLUEBERRY CORNMEAL MUFFINS.....	14
BLUEBERRY PUMPKIN MUFFINS.....	14
BOSTON BROWN BREAD MUFFINS.....	14
BRAN MUFFINS.....	15
BRAN MUFFINS - BULK.....	15
BRAN MUFFINS - MOTHER MILNER'S OLD FASHIONED.....	15
BRAN MUFFINS - SIX-WEEK.....	15
BRAN AND DATE MUFFINS - OVERNIGHT.....	15
BRAN AND PINEAPPLE MUFFINS.....	16
BRAN AND RAISIN MUFFINS.....	16
BREAKFAST MUESLI MUFFINS.....	16
BLUEBERRY YOGHURT MUFFINS.....	16
CAPPUCCINO CHIP MUFFINS.....	17
CARDAMOM LEMON-PEEL MUFFINS.....	17
CARROT MUFFINS.....	17
CARROT AND APPLE MUFFINS.....	18
CARROT PINEAPPLE MUFFINS.....	18
CARROT AND RAISIN MUFFINS (1).....	18
CARROT AND RAISIN MUFFINS (2).....	18
CARROT AND RAISIN MUFFINS (3).....	18
CHOCOLATE MUFFINS - DOUBLE.....	19
CHOCOLATE BOURBON MUFFINS.....	19
CHOCOLATE CHEESECAKE MUFFINS.....	19

CHOCOLATE CHIP MUFFINS.....	19
CHOCOLATE RASPBERRY MUFFINS .....	20
CHERRY MUFFINS .....	20
CHRISTMAS MORNING CRANBERRY MUFFINS .....	20
COCONUT MUFFINS (+4).....	20
COCONUT-CREAM MUFFINS .....	21
COFFEE MUFFINS .....	21
COFFEE DATE AND CHOCOLATE MUFFINS .....	21
CORNMEAL MUFFINS .....	21
CRANBERRY-APPLE MUFFINS .....	21
CRANBERRY ORANGE MUFFINS.....	22
CURACAO MUFFINS .....	22
DATE MUFFINS.....	22
DONUT MUFFINS.....	22
FELJOA MUFFINS.....	23
FIG MUFFINS.....	23
FIG AND ORANGE MUFFINS .....	23
FRUIT BLOSSOM MUFFINS.....	23
FOUR-CHIP DOUBLE-NUT MUFFINS .....	24
FUDGE FILLED PEANUT BUTTER MUFFINS.....	24
GINGER MUFFINS (+5 VARIATIONS).....	24
HAWAIIAN MUFFINS .....	25
HAZELNUT MUFFINS .....	25
HEAVENLY MAPLE SYRUP MUFFINS.....	25
HONEY APRICOT MUFFINS .....	25
HONEY LEMON MUFFINS .....	25
HOT CROSS MUFFINS .....	26
ICE CREAM MUFFINS .....	26
IRISH MUFFINS .....	26
JAM AND COCONUT MUFFINS.....	26
KIWIFRUIT MUFFINS - 1 .....	26
KIWIFRUIT MUFFINS - 2 .....	27
LEMON BREAKFAST MUFFINS.....	27
LEMON COCONUT MUFFINS.....	27
LEMON, LIME, AND ORANGE MUFFINS .....	27
LEMON AND POPPY SEED MUFFINS.....	27
LEMON SPICED MUFFINS.....	28
LEMON CHEESE AND RAISIN MUFFINS.....	28
LEMONADE MUFFINS.....	28
LINZERTORTE MUFFINS .....	29
MANGO MUFFINS .....	29
MAPLE SYRUP AND CHERRY MUFFINS.....	29
MARMALADE MUFFINS.....	29
MARZIPAN RASPBERRY MUFFINS.....	30
MINCEMEAT RUM MUFFINS .....	30
MORNING GLORY MUFFINS.....	30
NASHI AND APRICOT YOGHURT MUFFINS.....	31
NUTTY CHOC AND MARSHMALLOW MUFFINS .....	31
OATMEAL MUFFINS.....	31
ORANGE AND CARROT MUFFINS.....	31
ORANGE OATMEAL MUFFINS .....	31
ORANGE TEA MUFFINS .....	32
PAPAYA CASHEW MUFFINS .....	32
PEACHES AND CREAM MUFFINS.....	32
PEANUT BUTTER MUFFINS.....	32
PEANUT BUTTER AND JELLY MUFFINS .....	33
PEAR MUFFINS.....	33
PEARADISE MUFFINS .....	33

PINA COLADA MUFFINS.....	33
PINEAPPLE CHEESE MUFFINS .....	34
PINEAPPLE AND COCONUT MUFFINS .....	34
PINEAPPLE AND PASSIONFRUIT MUFFINS.....	34
PISTACHIO, CHOCOLATE, AND RUM MUFFINS.....	34
PLUM AND WHEATGERM MUFFINS .....	34
POPPYSEED MUFFINS .....	35
PUMPERNICKEL RAISIN MUFFINS .....	35
PUMPKIN MUFFINS.....	35
PUMPKIN AND CHOCOLATE CHIP MUFFINS .....	35
PUMPKIN AND HONEY MUFFINS.....	35
PUMPKIN AND POPPYSEED MUFFINS .....	36
REFRIGERATOR MUFFINS .....	36
RHUBARB MUFFINS .....	36
SOUR CREAM MUFFINS.....	36
SMARTY PARTY MUFFINS .....	36
STRAWBERRY BUTTERFLY MUFFINS .....	37
STRAWBERRY COCONUT MUFFINS .....	37
STRAWBERRY LEMON STREUSEL MUFFINS.....	37
STRAWBERRY SPECIAL MUFFINS.....	37
STRAWBERRY SURPRISE MUFFINS .....	38
SWEET POTATO MUFFINS (OR YAMS).....	38
TANGELO AND POPPYSEED MUFFINS .....	38
TAFFY APPLE MUFFINS .....	38
TRAMPER'S MUFFINS .....	39
TWO TONE MUFFINS .....	39
VANILLA MUFFINS.....	39
ZUCCHINI MUFFINS .....	39
Microwave Muffins.....	40
BACON AND CHEESE MUFFINS.....	40
BANANA MUFFINS .....	40
BRAN MUFFINS - 1 .....	40
BRAN MUFFINS - 2 .....	40
FRUIT MUFFINS.....	41
PUMPKIN MUFFINS.....	41
Healthy Muffins.....	42
APPLE AND CHOCOLATE MUFFINS - GLUTEN FREE.....	42
APPLE AND HONEY (GLUTEN AND DAIRY FREE).....	42
BANANA SULTANA MUFFINS.....	42
BIRDSEED MUFFINS .....	43
BLUEBERRY MUFFINS - FAT-FREE.....	43
CARROT, COCONUT, AND RAISIN MUFFINS (SUGAR FREE) .....	43
CHEESE MUFFINS (GLUTEN FREE) .....	43
CHICK PEA MUFFINS (GLUTEN FREE) .....	43
CORNMEAL AND WHOLEMEAL MUFFINS .....	44
DRIED FRUIT MUFFINS (GLUTEN FREE).....	44
FRUIT MUFFINS (GLUTEN FREE) .....	44
HEALTHY HEART MUFFINS .....	44
HIGH-FIBRE MUFFINS.....	44
OAT-BRAN MUFFINS - LOW-CHOLESTEROL .....	45
OAT-BRAN MUFFINS - EVEN LOWER CHOLESTEROL .....	45
ONION CHEESE MUFFINS (DIABETIC) .....	45
ORANGE APPLE SAUCE MUFFINS.....	45
PEACH GINGERBREAD MUFFINS .....	45
PRITIKIN MUFFINS.....	46
PUMPKIN MUFFINS - FAT FREE.....	46
RICE AND MILLET MUFFINS (GLUTEN AND SUGAR FREE) .....	46
RYE, PUMPKIN AND DATE MUFFINS (WHEAT FREE).....	46

SPICY BANANA MUFFINS .....	46
Savoury Muffins .....	47
BACON MUFFINS .....	47
BACON AND HERB MUFFINS .....	47
BELL PEPPER MUFFINS.....	47
BLACK OLIVE AND FETA MUFFINS .....	47
BLUE CHEESE MUFFINS .....	48
CHEESE AND BACON MUFFINS.....	48
CHEESE AND HAM MUFFINS.....	48
CHUTNEY AND CHEESE MUFFINS.....	48
CORN AND BACON MUFFINS .....	48
CORN AND CHEESE MUFFINS.....	49
CORNBREAD MUFFINS.....	49
CORNMEAL MUFFINS .....	49
CORNMEAL HAM MUFFINS.....	49
FONDUE CHEESE MUFFINS .....	49
GARLIC MUFFINS .....	50
ITALIAN PIZZA MUFFINS .....	50
JALAPENO CORN MUFFINS .....	50
LETTUCE MUFFINS .....	50
MUSHROOM MUFFINS.....	51
PESTO MUFFINS.....	51
PLANTATION HERB MUFFINS .....	51
PROVOLONE RYE MUFFINS .....	51
SEAFOOD MUFFINS.....	52
SESAME MUFFINS .....	52
SMOKED SALMON AND CHEESE MINI MUFFINS .....	52
SMOKED SALMON AND HERB MUFFINS.....	52
SPRING MUFFINS .....	53
TOAD-IN-THE-HOLE CORNMEAL MUFFINS.....	53
TOMATO AND TARRAGON MUFFINS .....	53
TUNNEL OF CHEESE MUFFINS.....	53
TURKEY HAM, CHEESE AND PEPPER MUFFINS .....	54
WHOLE-GRAIN HERB-CHEESE MUFFINS .....	54
Ingredient Index .....	55

## SWEET MUFFINS

### ALMOND AND APRICOT SURPRISE MUFFINS

2½ C self-raising flour  
¾ C castor sugar  
1 lightly beaten egg  
3 oz melted butter

1 t ground nutmeg  
1 C flaked almonds toasted  
1½ C milk  
½ C apricot jam

Preheat oven to 375°F, prepare pans. Sift flour and nutmeg into bowl, stir in almonds and sugar. Stir in combined egg, milk and butter, stir with a fork until just combined. Spoon half of batter into pans, put 2 level teaspoons of apricot jam into each, top with rest of batter. Bake for about 30 minutes or until cooked. Makes 12. Suitable to freeze, not suitable to microwave.

### AMARETTO AND ALMOND MUFFINS

⅔ C sour milk  
1 egg  
1 C sliced almonds  
½ C sugar

3 T melted butter or margarine  
½ C amaretto liqueur  
2 t baking powder  
2 C flour

Preheat oven to 400°F and grease muffin pans. Put the first 5 ingredients into a bowl and mix well, then add the remaining ingredients. and blend until just mixed. Put into pans and bake for 15-20 minutes. Makes 12.

### APPLE MUFFINS

2 C grated raw apples  
½ C oil  
1 t vanilla  
1 C self-raising flour  
2 t cinnamon

½ C brown sugar  
2 eggs  
1 C wholemeal self-raising flour  
¼ t baking soda

Preheat oven to 400°F, prepare pans. Thoroughly combine the wet mix ingredients. Combine the dry mix ingredients and mix thoroughly into the wet mix. Spoon into pans and bake for 20-25 minutes. Makes 12. Nice sprinkled with equal parts of brown sugar and spice. These are lovely moist muffins and hardly need to be buttered. They will keep well, but are best kept refrigerated and then warmed before eating.

Variations:

Apple Raisin and Nut: Add ½ C chopped raisins, ½ C chopped walnuts and 1 T grated lemon or orange rind to the wet mix.

Apple and Date: Add ¾ C of finely chopped dates and 1 T grated lemon rind to the wet mix.

Apple and Ginger: Add ¼ C of chopped crystallised ginger and 1 T of treacle to the wet mix. Add 1 t powdered ginger to the dry mix.

Apple and Bran: Substitute the wholemeal and self-raising flour with 1 C of flaky bran and 1½ C of self-raising flour.

### APPLE CHEESE MUFFINS

½ C butter  
2 eggs  
1 t baking soda  
¾ C rolled oats  
¼ C milk  
½ C nuts

½ C sugar  
1½ C flour  
½ t salt  
⅔ C grated sharp cheese  
1 C apple pie filling, chopped apple or apple sauce

Preheat oven to 375°F, prepare pans. Cream butter and sugar. Add eggs and beat well. Sift flour, soda and salt and stir into creamed mixture. Stir in oats, apple cheese and nuts, mixing well. Add milk last. Spoon into pans and bake for 20-25 minutes or until done. Makes 18 muffins.

## APPLE AND CINNAMON MUFFINS

1 ½ C diced pared and cored apples  
1 teaspoon grated lemon zest, optional  
1 C whole-wheat flour  
4 teaspoons baking powder  
¼ teaspoon ground cinnamon, optional  
1 large egg, lightly beaten  
Topping:  
1 ½ teaspoons ground cinnamon

1 t fresh lemon juice  
1 ⅓ C all-purpose flour  
½ C (packed) light-brown sugar  
1 teaspoon salt  
1 C milk  
¼ C melted unsalted butter  
3 tablespoons granulated sugar  
Unsalted butter for coating

Preheat oven to 400°F. Toss the apples with lemon juice and the optional lemon zest; set aside. Whisk together in a mixing bowl the all-purpose flour, whole-wheat flour, light brown sugar, baking powder, salt, and cinnamon. Whisk together the milk, egg, and melted butter; pour over the dry ingredients, then add the chopped apples and fold everything together gently. Spoon the batter into the prepared muffin cups. Stir the topping ingredients together and sprinkle a share over each muffin. Bake the muffins for 25 to 30 minutes, or until they are firm (Smaller muffins will take a little less time.) Remove from the pan. Makes 12 large or 16 average muffins. Source: Mrs. Witty's Home-Style Menu Cookbook by Helen Witty

The blueberry version: Add 1 teaspoon vanilla to the milk mixture; substitute 1 ½ C rinsed and dried fresh or frozen blueberries for the apples; omit the lemon juice. Stir the blueberries briefly with the dry ingredients before adding the liquid.

## APPLE RAISIN MUFFINS

1½ C apples, peeled, cored and chopped  
2 T sherry  
¾ C cream  
2 t mixed spice  
2 C flour

1 C raisins  
½ C sugar  
½ C softened butter  
2 eggs  
3 t baking powder

Preheat oven to 400°F, prepare pans. Put the 1st three ingredients into a bowl and set aside. Put the next three ingredients into another bowl and mix well. Add the remaining ingredients plus the apple mixture and blend until just combined. Spoon into pans and bake for 15-20 minutes. Makes 15.

## APPLE SAUCE OATMEAL MUFFINS

1 C flour  
¼ t nutmeg  
¼ C oil  
3 t baking powder  
¾ C rolled oats  
⅓ C milk

½ t cinnamon  
¼ C brown sugar  
⅔ C apple sauce  
½ t salt  
1 egg

Preheat oven to 375°F, prepare pans. Mix dry ingredients well with a fork. Beat egg, then add oil and milk, stir in apple sauce. Add the dry mix to the wet mix until just combined. Spoon into pans and bake for 20 minutes or until cooked.

## APPLE SAUCE RAISIN MUFFINS

4 eggs  
1½ C oil  
1 t salt  
1 T cinnamon  
2 t baking soda

2 C sugar  
1⅔ C apple sauce  
3 C flour  
2 t baking powder  
2 C raisins

Beat eggs slightly, add sugar, oil and apple sauce and beat thoroughly. Add dry ingredients and blend until just combined. Stir in raisins. Spoon into prepared pans and sprinkle with brown sugar. Bake at 375°F for 15-20 minutes. Makes 18-24 good size muffins.



## APPLE SAUCE SURPRISE MUFFINS

½ C apple sauce	½ t cinnamon
2 eggs	2 T softened butter
1 C sour milk or yoghurt	1 ½ C flour
½ C sugar	¾ t allspice
2 t baking powder	½ t freshly grated root ginger
½ t cinnamon	grated rind of 1 lemon

Preheat oven to 400°F, prepare pans. Mix the apple sauce and cinnamon together and set aside. Put the eggs, butter and milk into a bowl and mix well. Add the remaining ingredients (not the apple sauce) and blend until just mixed. Fill the pans a third full of batter, spoon a teaspoon of the apple sauce mixture into the middle of each. Cover with the remaining batter and bake for 15-20 minutes. Be sure to let these cool slightly before you remove them so that the 'surprise' doesn't fall out as you lift the muffin from the tin. Makes 12 muffins.

## APPLE STRUDEL MUFFINS

2 C self-raising flour	½ C sugar
1 egg	⅔ C milk
¼ C butter	1 medium grated apple
1 T grated lemon rind	
Topping:	
1 T grated lemon rind	¼ C walnuts
2 T sugar	

Preheat oven to 400°F, prepare pans. Put flour and sugar in bowl, rub in butter until crumbly. Reserve ½ C of this mixture for topping. Beat egg, add milk. Add dry mix to wet mix until just combined. Gently stir in apple and 1 T rind. Spoon into muffin tins. Add reserved crumb mix to remaining topping ingredients and sprinkle over each muffin. Bake for 20 minutes or until done.

## APRICOT MUFFINS

½ C butter	½ C sugar
2 eggs	1 C yoghurt or milk
grated rind and juice of 1 orange	1 C chopped dried apricots
1 ½ C self-raising flour	

Preheat oven to 400°F, prepare pans. Thoroughly blend the butter and sugar and then beat in the remaining wet mix ingredients. Fold in the flour, spoon into pans and bake for 25 minutes. Makes 10-12 muffins.

Variations:

Apricot and Almond: Add ½ C of tasted slivered or chopped blanched almonds to the wet mix.

Apricot and Coconut: Add ½ C desiccated coconut to the dry mix and ½ C additional orange juice to the wet mix.

## APRICOT AND GINGER MUFFINS

1¾ C self-raising flour	2 to 3 T castor sugar
½ t salt	1 slightly beaten egg
1½ t ground ginger	¾ C milk
⅓ C melted butter	¾ C finely chopped dried apricots
1½ t grated lemon peel	1 t baking powder

Preheat oven to 400°F, prepare pans. In a large bowl sift together, flour, sugar, baking powder, salt and ginger. Combine egg, milk, melted butter, grated peel and chopped apricots. Add dry mix to wet mix until just combined. Spoon into pans and bake for 20-25 minutes. Makes 12 muffins. This mixture may be a bit on the dry side. Add more milk if necessary. Finely chopped candied ginger is a nice touch.

## APRICOT GRAHAM MUFFINS

1½ C Graham or whole-wheat flour	½ C toasted wheat germ
3 T granulated sugar	2 t baking powder
1 t baking soda	½ C chopped dried apricots
½ C chopped pecans or walnuts	5 T melted and cooled butter
2 large eggs	1 C unflavoured yoghurt
3 T brown sugar	

Preheat oven to 375°F, prepare pans. Mix flour, wheat germ, sugar, baking powder, soda, apricots and nuts. Blend butter, eggs and yoghurt. Add dry mix to wet mix until just combined. Spoon into pans and sprinkle each muffin with brown sugar. Bake until edges are golden brown and centre is firm to touch, about 20 minutes. Makes about 12. 206 calories per muffin. Recipe courtesy of Sunset Magazine April 1990.

## AUTUMN MUFFINS

½ C butter	½ C sugar
¼ C treacle	2 eggs
1½ C pumpkin puree*	½ C orange puree*
½ C pecan nuts	½ C dried apricots
½ C sunflower seeds	1 C chopped raisins
1 C rolled rye or rolled oats	3 C self-raising flour
2 t powdered ginger	

Preheat oven to 350°F, prepare pans. Blend the butter, sugar and treacle. Beat in eggs, pumpkin and orange. Mix in the remaining wet mix ingredients. Add the dry mix and mix well. Spoon into pans and bake for 30-35 minutes. Makes 15-18.

\* To make ½ C pumpkin puree, cook 1 lb pumpkin in ⅓ C of water. To make orange puree, process 1 orange, skin and all.

## AVOCADO MUFFINS

¼ C butter	¼ C sugar
1 egg	1 avocado pureed
1 C toasted slivered almonds	1 C milk
2 C self-raising flour	

Preheat oven to 400°F and prepare pans. Cream butter and sugar and beat in the egg. Blend in the avocado and milk and mix in the nuts. Lastly add the flour and mix gently but thoroughly until the ingredients are moistened and combined. Place in pans and sprinkle each muffin with topping. Bake for 20-25 minutes. Makes 10-12.

Note: I also add a little grated lemon rind. Almonds may be toasted quickly in the microwave or in a dry frying pan, stir constantly to stop burning.

## BANANA MUFFINS

1 C flour	1 t baking soda
2 t baking powder	1 C wholemeal flour
¼ C butter	½ C chocolate chips
½ C castor sugar	½ C milk
½ C chopped mixed fruit	2 bananas mashed

Preheat oven to 350°F, prepare pans. Sift the flour, baking soda and baking powder into a bowl, add the wholemeal flour. Rub in the butter until the mixture resembles fine breadcrumbs. Stir in the chips, sugar and chopped fruit. Add the mashed banana and milk. (This is a sticky mixture.) Spoon into pans and bake for 20 minutes or until cooked. Add a chocolate button on top before baking if desired. Makes 12. These are a very moist, soft muffin. 219 calories per muffin.

## BANANA MUFFINS – BEST EVER

3 large ripe bananas	¾ C sugar
1 egg	⅓ C melted butter
1 t baking soda	1 t baking powder
½ t salt	1½ C flour

Preheat oven to 375°F, prepare pans. Mash bananas, add sugar and slightly beaten egg. Add the melted butter. Add dry ingredients and bake for 20 minutes. Makes 9 large muffins.

## **BANANA ALMOND MUFFINS**

¼ C sour milk  
2 eggs  
½ t almond extract (essence)  
1½ t baking powder  
1 C almonds, sliced and toasted

⅓ C softened butter  
2 bananas mashed  
1 C flour  
¾ C sugar

Preheat oven to 375°F, prepare pans. Combine wet mix ingredients and mix well. Add the dry mix to the wet mix until just combined. Spoon into pans and bake for 15-20 minutes. Makes 12.

## **BANANA AND BRAN MUFFINS**

½ C butter or oil  
2 eggs  
1½ C mashed banana  
1 T orange rind  
1 C flaky bran  
½ t baking soda

¼ C sugar  
¼ C golden syrup  
½ C milk or yoghurt  
½ t nutmeg  
2 C self-raising flour

Topping - Equal parts of cinnamon and sugar. Preheat oven to 400°F and grease muffin pans. Beat well, all of the wet mix ingredients and gently fold in the previously combined dry ingredients. Place in the muffin pans, sprinkle with topping and bake for 20-25 minutes. Makes 12-14.

Variation: ½ C mixed dried fruits and nuts may be added to the wet mix as desired.

## **BANANA CURRY MUFFINS**

2 C flour  
1½ C bran  
1 C milk  
1 T treacle or golden syrup  
3 T sweetened condensed milk

2 t baking powder  
2 oz butter  
1 t curry powder  
¾ C mashed bananas  
½ t baking soda

Preheat oven to 350°F, prepare pans. Sift flour and baking powder, stir in bran and make a well in the centre. Melt the butter, curry powder, treacle and condensed milk together. Dissolve the soda in the milk and pour into the dry ingredients with the butter mixture and the bananas. Stir until just combined. Spoon into pans and bake for 15-20 minutes or until well risen and golden. Makes 16-18 muffins.

Microwave Instructions: Place paper muffin cases into a microwave-proof muffin tray. Just over half fill each case. Place on a microwave-proof rack and cook on high power for 2½ to 3 minutes or until no wet spots are visible. Repeat with remaining mixture. For microwave ovens without a rotating turntable, give tray a quarter turn halfway through cooking.

## **BANANA AND GREEN GINGER MUFFINS**

¼ C sugar  
4 ripe mashed bananas  
¼ C diced crushed green ginger

½ C butter  
2 eggs  
2 C self-raising flour

Topping - Equal parts of garam masala and sugar (optional)

Preheat oven to 350°F, prepare pans. Blend margarine and sugar and beat in the eggs. Stir in the remaining wet mix ingredients. Fold the flour into the wet mix and spoon into pans. Bake for 20-25 minutes. Makes 10-12. Optional Topping - Before cooking sprinkle tops with mixed topping, this add an extra tang. These muffins have a lovely refreshing and sharp flavour. Delicious for breakfast with fresh fruit salad and coffee.

## **BANANA AND PASSIONFRUIT MUFFINS**

1½ C flour  
2 t baking powder  
3 mashed bananas  
½ C butter  
½ C golden syrup  
2 t baking soda

3 C bran flakes  
3 t cinnamon  
1 t passionfruit syrup  
1 C milk  
¾ C brown sugar

Preheat oven to 375°F, prepare pans. Combine flour, bran, baking powder, cinnamon and bananas. Heat the butter, golden syrup, sugar and milk in a pot. Add the baking soda and passionfruit syrup. Add the dry mix to the wet mix until just combined. Spoon into pans and bake for 15 minutes or until golden brown. Makes 12 large muffins. 268 calories per muffin.

### **BANANA PECAN MUFFINS**

1½ C flour  
¾ C raw sugar  
1 egg  
1½ C bran  
2 very ripe bananas  
½ C plain yoghurt

1 t baking SODA  
3½ oz butter  
1½ t baking POWDER  
½ C chopped pecans or walnuts  
½ C milk

Sift flour, baking powder, baking soda into a bowl. Stir in bran, sugar and nuts. Make a well in centre of dry ingredients. Melt butter in a small pot or microwave. Mash bananas. Lightly beat egg, milk and yoghurt together. Add bananas to dry ingredients. Pour melted butter and egg mixture into the well and mix with a fork until JUST combined. Spoon into pans and bake at 430°F for 15-20 minutes.

### **BANANA AND POPPYSEED MUFFINS**

4½ oz butter  
2 eggs  
1 t baking powder  
½ t cinnamon  
¼ C milk  
2 large bananas

¾ C brown sugar  
2 C flour  
2 t ground nutmeg  
¼ t mixed spice  
¼ C poppy seeds  
ground nutmeg extra

Reheat oven to 350°F, prepare pans. Melt the butter in a saucepan. Add sugar and beat until well combined and paler in colour. Beat eggs until thick and pale. Sift flour, baking powder, measured nutmeg, cinnamon, and mixed spice together. Add poppy seeds. Mash bananas, add to sugar mixture and stir to combine. Fold sifted ingredients, milk and egg alternately into the banana mixture until just combined. Do not over mix. Spoon into pans, sprinkle tops with nutmeg and bake for about 15 minutes. Leave in tin 5 minutes before turning out. Makes 12.

### **BANANA WALNUT MUFFINS**

1 oz butter  
¼ t nutmeg  
1 egg  
½ t grated lemon rind  
1½ t baking powder  
¾ C milk  
½ t grated orange rind

1½ C flour  
½ t salt  
½ C chopped walnuts  
2 bananas  
¼ C sugar  
2 T oil

Melt butter, mash bananas. Sift flour, baking powder, nutmeg, sugar and salt into a bowl. Add melted butter, milk, egg, oil, nuts and rinds to bananas. Make a well in centre of dry ingredients and gently stir in banana mixture. Spoon into prepared pans and bake at 400°F for 15-20 minutes. Makes 18.

### **BEER MUFFINS**

3 C flour  
½ t salt  
1 bottle of beer

5 t baking powder  
3 T sugar

Preheat oven to 350°F, prepare pans. Measure dry ingredients into bowl and pour beer over, stirring to blend. Spoon into pans and brush tops with butter. Bake for 15-20 minutes. Makes 9 large muffins. Serve hot, a little grated cheddar cheese may be sprinkled on top before baking if desired. NOTE: Copied without permission from Muffin Mania.

## BLACK BOTTOM MUFFINS

1¼ C flour  
½ t baking soda  
¼ t salt  
¼ C vegetable oil  
1 t vanilla  
⅓ C semisweet chocolate chips  
Topping: 6 oz softened cream cheese  
1 lightly beaten egg  
¼ C toasted slivered almonds

¾ C sugar  
⅓ C unsweetened cocoa  
⅔ C buttermilk  
1 lightly beaten egg  
¼ C butter, melted and cooled  
¼ C sugar  
⅛ t almond extract

Preheat oven to 375°F, prepare pans. In a large bowl, stir together flour, sugar, cocoa, baking soda and salt. In another bowl, stir together buttermilk, oil, butter, egg and vanilla until blended. Add dry mix to wet mix until just combined. Stir in chips. Spoon into pans. In a medium bowl, stir together cream cheese, sugar, egg and almond extract until well blended; stir in almonds. Spoon mixture over muffins. Bake 20-25 minutes or until cooked. Makes 12. These muffins freeze well.

## BLACKSTRAP MOLASSES BRAN MUFFINS

2 C bran  
½ C blackstrap molasses  
2½ C yoghurt  
2½ C flour

½ C oil  
2 eggs  
1 C raisins  
3 t baking powder

Preheat oven to 400°F, prepare pans. Mix the bran and the oil together. Add the molasses, eggs and yoghurt and mix well. Add the raisins, flour and baking powder until just combined. Spoon into pans and bake for 15-20 minutes. Makes 18 muffins.

## BLUEBERRY MUFFIN CAKE

4 oz wholemeal flour  
pinch salt  
grated rind 1 orange  
8 oz blueberries or bilberries  
¼ pint milk  
milk to glaze

8 oz white flour  
1 t baking powder  
6 oz brown sugar  
2 eggs  
1 oz melted butter  
demerara sugar

Line a 7½" cake tin with cake liner or greaseproof paper. Set oven to 425°F (220°C, Gas Mark 7). Sift the flour, salt and baking powder. Stir in the orange rind, sugar and berries. Whisk the eggs, milk and butter together. Stir the liquid mixture into the dry mix and mix well. Transfer to the lined tin. Bake above the centre of the oven for 35 minutes. Remove the cake from the oven, glaze with milk and sprinkle with the demerara sugar. Return to oven to bake for a further 5 minutes. Serve warm or cold. Note: You can also make muffins with this recipe. Reduce baking time to 20 minutes. Brush with milk, sprinkle with sugar and return to oven for 5 minutes.

## BLUEBERRY BRAN MUFFINS

½ C butter  
1½ C milk  
2 eggs  
2 C self-raising flour  
2 T honey

½ C sugar  
¼ C lemon juice  
1 C blueberries  
1 C flaky bran

Preheat oven to 400°F, grease pans. Thoroughly blend butter and sugar, add warmed honey and lemon juice. Beat in the eggs then the milk. Gently fold the blueberries into the mixture taking care not to break them. Fold the flour into the wet mix then place into pans. Bake for 20-25 minutes. Makes 12

## BLUEBERRY CORN MUFFINS

1 $\frac{1}{3}$ C unbleached flour	2 eggs
$\frac{2}{3}$ C corn flour	1 C milk
2 t baking powder	1 C buttermilk
$\frac{1}{2}$ t baking soda	$\frac{1}{4}$ C melted butter
$\frac{1}{2}$ t salt	1 to 2 C blueberries
$\frac{1}{4}$ C sugar	

Sift the dry ingredients together. Beat the eggs, milk, buttermilk and butter together. Pour the egg mixture into the flour mixture and stir just enough to moisten the dry ingredients. Fold the blueberries into the batter. Grease a muffin tin and fill the muffin cups  $\frac{2}{3}$  full with batter. Bake at 400 F for 20 minutes or until golden brown.

It's also good with a combination of blueberries and sautéed apples. If you decide to do it that way, you should add a little lemon juice and some cinnamon to the batter.

## BLUEBERRY CORNMEAL MUFFINS

1 C flour	$\frac{2}{3}$ C yellow cornmeal
$\frac{1}{3}$ C sugar	2 t baking powder
$\frac{1}{2}$ t baking soda	$\frac{1}{2}$ t salt
2 large eggs	1 C sour cream
$\frac{1}{4}$ C salad oil	1 C blueberries

Preheat oven to 400°F, prepare pans. Combine flour, cornmeal, sugar, baking powder, soda and salt. Beat eggs with sour cream until blended, beat in oil. Add dry mix to wet mix until just combined adding blueberries with the last few stirs. Spoon batter into pans and bake for 18-20 minutes or until lightly browned. Makes 12. 189 calories per muffin. Recipe courtesy of Sunset Magazine July 1988.

## BLUEBERRY PUMPKIN MUFFINS

$1\frac{2}{3}$ C flour	1 t baking soda
$\frac{1}{2}$ t baking powder	$\frac{1}{2}$ t salt
1 t cinnamon	$\frac{1}{2}$ t allspice
1 C canned solid pack pumpkin	$\frac{1}{4}$ C undiluted evaporated milk
$\frac{1}{3}$ C butter	1 C brown sugar
1 egg	1 C blueberries
1 T flour	Streusel topping

Preheat oven to 350°F, prepare pans. Combine first 6 ingredients. Combine pumpkin and evaporated milk until blended. Cream shortening and sugar in large mixer bowl, add egg, beat until mixture is fluffy; mix in pumpkin mixture. Add flour mixture to wet mix until just combined. Coat the blueberries with the tablespoon of flour and gently mix into mixture. Spoon into pans and sprinkle with streusel topping. Streusel Topping: Combine 2 T flour, 2 T sugar and  $\frac{1}{4}$  t cinnamon. Cut in 1 T butter until mixture is crumbly. Bake for about 40 minutes or until toothpick inserted in centre comes out clean. Makes 12-18 muffins. Recipe courtesy of Better Homes and Gardens Magazine November 1988.

## BOSTON BROWN BREAD MUFFINS

$\frac{1}{2}$ C flour	$\frac{1}{2}$ C whole-wheat flour
$\frac{1}{2}$ C rye flour	$\frac{1}{4}$ C sugar
$\frac{1}{2}$ C yellow cornmeal	1 t baking soda
$\frac{1}{2}$ t salt	$\frac{3}{4}$ C buttermilk
$\frac{1}{3}$ C vegetable oil	$\frac{1}{3}$ C molasses
1 lightly beaten egg	1 C raisins

Preheat oven to 400°F, prepare pans. Stir together flours, cornmeal, sugar, baking soda and salt. In another bowl stir together buttermilk, oil, molasses and egg until blended. Add dry mix to wet mix until just combined. Stir in raisins. Spoon into pans and bake 15-20 minutes or until done. Makes 10 muffins.

## BRAN MUFFINS

1 C bran flakes	1 C plain flour sieved
1 t baking powder	¾ C golden syrup
1 t baking soda	1 C milk
1 C sultanas (optional)	

Preheat oven to 400°F. Grease a tray of muffin pans. Mix all ingredients together. Place the mixture in the muffin pans and bake for 10-15 minutes or until done.

## BRAN MUFFINS - BULK

2 C all bran cereal	2 C boiling water
1 C butter or margarine	3 C white sugar
3 T brown sugar	4 eggs
1 qt buttermilk	1 T salt
5 C flour	3 T baking soda
4 C bran flakes (8 oz)	2 C raisins or chopped dates

This recipe makes 6 dozen muffins. The batter may be kept 6 weeks covered in the refrigerator. Prepare recipe the day BEFORE baking.

Pour boiling water over all bran and let stand. In very large bowl (or bath tub), cream butter, sugars and eggs. Add buttermilk and then bran mixture. Mix well. Pre-mix flour, baking soda and salt and add to above mixture. Mix well. Add bran flakes and fold in until just combined. Add raisins or dates. Chill 1 day before baking. Spoon into pans and bake at 375°F for 15-20 minutes.

## BRAN MUFFINS - MOTHER MILNER'S OLD FASHIONED

¾ C brown sugar	1 egg
pinch salt	1 C natural bran
½ C sour milk	shortening the size of an egg (approx. ¼ C)
1 C flour	1 scant t baking soda
1 t baking powder	

Cream shortening and sugar and add the egg and beat. Add the bran and the sour milk in which the soda has been dissolved. Add flour, baking powder and salt. Bake at 375°F for 15-20 minutes. Dates may be added. Cook the dates with a little water and let them cool. Mix the date mixture with flour before adding to batter. Makes 8 large muffins. (Pour maple syrup over these for a yummy dessert).

## BRAN MUFFINS - SIX-WEEK

5 t baking soda	1¾ C boiling water
1 C margarine	4 eggs
2 C brown sugar	4 C all bran
2 C bran flakes	4 C buttermilk
2 t salt sifted together with 5 C flour	1 C walnuts/pecans chopped
2 C sultanas (or dates)	

Preheat oven to 400°F, prepare pans. Dissolve the baking soda in the water then let cool. Beat the margarine with the sugar until pale and creamy then add the eggs, one at a time, alternately with the sifted flour and salt. Stir in the all bran, bran flakes, buttermilk, fruit and nuts (nuts are optional). Spoon into pans and bake for 20 minutes or until cooked. Leave to cool then store in the refrigerator. Makes about 64 medium or 35-40 large muffins. These muffins will keep for weeks (they say 6!) in the refrigerator.

## BRAN AND DATE MUFFINS - OVERNIGHT

1¼ C flour	1 t baking soda
1 t cinnamon	½ C sugar
1¾ C unprocessed bran	1 C finely chopped dates
½ C oil	1½ C buttermilk
1 lightly beaten egg	

Sift first 4 dry mix ingredients, stir in bran and dates. Combine wet mix ingredients. Add the dry mix to the wet mix until just combined, cover and refrigerate overnight. (These muffins can be made and cooked on the same day, but are not as nice as if the mixture is left to stand overnight). Next day, spoon into prepared pans and bake at 425°F for 20 minutes or until done. Serve hot with butter. Makes 20 muffins.



### **BRAN AND PINEAPPLE MUFFINS**

2 C whole bran cereal  
2 slightly beaten eggs  
½ C melted butter or margarine  
¾ C dark brown sugar  
2 t baking soda

2 C buttermilk  
20 oz can crushed pineapple  
2½ C flour  
2 t salt  
1 C chopped natural almonds, toasted

Preheat oven to 375°F, prepare pans. Combine bran and buttermilk; stand 5 minutes to soften. Stir in eggs, undrained pineapple and melted butter. In another bowl combine flour, brown sugar, salt, baking soda and nuts. Add to bran mixture all at once. Stir until combined. Spoon into pans, making only the amount you need today. Bake for 25 minutes. Refrigerate remaining batter, tightly covered, up to 3 weeks. Makes about 24 muffins.

### **BRAN AND RAISIN MUFFINS**

8 oz wholemeal flour  
good pinch salt  
½ C brown sugar slightly heaped  
1 C raisins  
6 T sunflower or vegetable oil

3 t baking powder  
1 egg  
½ C bran flakes  
½ pint milk

Preheat oven to 400°F, prepare pans. Mix flour, baking powder, salt and sugar, stir in bran and raisins. Beat egg, milk and oil together. Add dry mix to wet mix until just combined. Spoon into pans and bake for 15-20 minutes or until well risen. Makes 9-10 muffins.

### **BREAKFAST MUESLI MUFFINS**

1½ C untoasted muesli  
⅓ C peanut oil  
2 T golden syrup  
2 t baking powder  
1 t allspice

1½ C milk  
1 t vanilla essence  
1 C flour  
1½ C wholemeal flour  
extra muesli for top

Preheat oven to 350°F, prepare pans. Mix the muesli with 1 C of the milk; soak for 5 minutes. Combine the oil, remaining milk, vanilla, golden syrup and muesli mixture. Mix together the dry ingredients, and then add to the wet mix until just combined. Spoon into pans, sprinkle tops with 1 t of muesli each, bake for 15-20 minutes. Makes 12. Nutritional Value: Energy - 216 calories per muffin.

### **BLUEBERRY YOGHURT MUFFINS**

2 C Quaker Oat Bran Hot cereal uncooked  
2 t baking powder  
2 egg whites slightly beaten  
¼ C honey  
1 t grated lemon peel

¼ C brown sugar  
1 carton (8 oz) plain low fat yoghurt  
¼ C skim milk  
2 T vegetable oil  
½ C blueberries

Yes, these muffins ARE flourless! Preheat oven to 425°F, prepare pans. In large bowl, combine oat bran, sugar and baking powder. In small bowl, combine yoghurt, egg whites, milk, honey, oil and lemon peel. Add dry mix to wet mix and stir until just combined. Fold in blueberries. If using frozen blueberries, do not thaw. You may need to add a few minutes baking time. Spoon into pans and bake 18-20 minutes or until golden brown. Makes 12 muffins.



## CAPPUCCINO CHIP MUFFINS

2 C flour	¾ C sugar
2½ t baking powder	½ t salt
2 t instant espresso coffee powder	½ t ground cinnamon
1 C milk (scalded and cooled, if desired)	1 lightly beaten egg
½ C butter, melted and cooled	1 t vanilla
¾ C semisweet chocolate mini-chips	

Preheat oven to 375°F, prepare pans. In a large bowl, stir together flour, sugar, baking powder, coffee, salt and cinnamon. In another bowl, stir together milk, butter, egg and vanilla until blended. Add dry mix to wet mix until just combined. Stir in chips. Spoon batter in pans and bake for 15-20 minutes or until cooked. Makes 12. These muffins freeze well. Delicious served with Espresso Spread: 4 oz cream cheese softened, 1 T sugar, ½ t vanilla, ½ t instant espresso powder, 1 oz semisweet chocolate, grated. Place all ingredients in a food processor fitted with a steel blade; process 30 secs, or until smooth, stopping to scrape down sides of container with rubber scraper, if necessary. Serve immediately or cover and refrigerate. To serve, stand 10 minutes at room temperature to soften. Makes approx. 1½ C.

## CARDAMOM LEMON-PEEL MUFFINS

Vegetable oil spray	2 ½ C oat bran, uncooked
1 C whole-wheat flour	1 C all-purpose flour
1 teaspoon ground cardamom	2 teaspoons baking powder
1 ½ teaspoons baking soda	2 C unsweetened apple sauce
½ C vegetable oil	½ C honey
4 large egg whites	¼ t almond extract
Grated rind of 1 lemon	

Preheat oven to 400°F. Spray two muffin tins with vegetable oil spray or use paper muffin cups. In a medium bowl, combine bran, flour, cardamom, baking powder and baking soda. Mix well. In a large bowl, combine apple sauce, oil, honey, egg whites, almond extract and lemon peel. Mix well. Stir dry ingredients into wet ingredients. Mix well, but do not over mix. Fill prepared muffin cups almost full. Place in oven and reduce heat to 375°F. Bake 18 to 20 minutes, or until golden brown. Serve warm or at room temperature.

## CARROT MUFFINS

3 eggs	½ C sugar
½ C oil	1 C plain yoghurt
1 C grated carrot	½ C chopped walnuts
3 C self-raising flour	½ t baking soda
1 t cinnamon	

Preheat oven to 400°F, prepare pans. Beat together the eggs, sugar, oil and yoghurt. Add the carrot and walnuts. Fold in the previously combined dry mix. Place in muffin pans and bake for 20-25 minutes. Makes 12. Variations:

Carrot and Honey: Omit the sugar and add ½ C honey to the wet mix. Increase the cinnamon to 2 t.

Carrot and Pineapple: Omit the yoghurt from the wet mix and add 1 C crushed pineapple. ½ C currants may be added to the wet mix if desired.

Carrot and Sesame: Replace the walnuts with ½ to ¾ C toasted sesame seeds and ½ C sultanas. Zucchini: Substitute grated raw zucchini for grated carrot in any of the above recipes. Add 1 t of vanilla essence to the wet mix.

## CARROT AND APPLE MUFFINS

2 C flour  
2 t cinnamon  
½ C raw sugar  
1 apple  
½ C raisins  
3 eggs

2 t baking soda  
½ t salt  
½ C malt extract  
2 C grated carrot  
½ C walnuts  
1 C oil

Preheat oven to 350°F and prepare pans. Sift first 4 ingredients into a bowl, stir in the sugar. Add the malt, do not combine. Peel and grate the apple, then combine with carrot, raisins and walnuts. Beat eggs and oil together. Stir apple mixture into dry ingredients then add egg mixture, stirring just to combine. Put into pans and bake for about 20 minutes or until muffins spring back when lightly touched. Leave in tin for 5 minutes before turning out onto cooling rack. Serve warm or cold. Makes 15. (This recipe is a slight variation on the Morning Glory Muffins).

## CARROT PINEAPPLE MUFFINS

1 C sugar  
2 beaten large eggs  
½ t salt  
1 t baking soda  
½ t salt  
1 C finely grated carrot

⅔ C oil  
1½ C flour  
2 t baking powder  
1 t cinnamon  
1 t vanilla  
1 C crushed drained pineapple

Preheat oven to 375°F, prepare pans. Beat together sugar, oil and beaten eggs. Combine flour, baking soda, baking powder, cinnamon and salt and mix well. Add dry mix to wet mix and stir to moisten. Add carrots, pineapple and vanilla. Spoon into pans and bake for 20 minutes. Chopped nuts may be added if desired. Makes 9-10 large muffins.

## CARROT AND RAISIN MUFFINS (1)

1¼ C flour  
2 t baking powder  
¾ C milk  
¾ C raisins  
1 egg

¾ C creamota (quick cooking rolled oats)  
¼ t salt  
1 C grated carrot  
½ t cinnamon  
3 T oil

Mix flour, creamota, baking powder and salt. Stir in carrot, raisins and cinnamon. Beat egg, milk and oil. Make a well in centre of dry ingredients, pour in liquid. Mix lightly. ¾ fill greased muffin pans and bake at 375°F for 15-20 minutes.

## CARROT AND RAISIN MUFFINS (2)

1 C bran  
1 t baking soda  
1 egg  
¼ t salt  
¼ C raisins  
¾ C milk

¾ C flour  
1 T golden syrup  
1 small carrot  
¼ C cottage cheese  
½ C sugar

Place bran, milk, golden syrup and egg into a mixing bowl. Peel and grate carrot and add with cottage cheese and raisins. Leave to stand for 5 minutes. Add flour, sugar, baking soda and salt. Mix until just combined. ¾ fill greased muffin pans and bake at 350°F for 20 minutes or until well-risen and golden. Makes 9.

## CARROT AND RAISIN MUFFINS (3)

¼ C oil  
2 eggs separated  
1½ C self-raising flour  
1 t cinnamon  
1¼ C all-bran  
1 C buttermilk

¼ C brown sugar  
1 C grated carrot  
1 egg white extra  
½ t nutmeg  
½ C raisins  
sunflower seeds for topping

Combine oil and brown sugar in a bowl. Beat in egg yolks. Stir in carrot. Sift flour and spices together in another bowl, stir in all-bran together with carrot mixture, raisins and buttermilk. Do not over stir. Fold in stiffly beaten egg whites. ¾ fill greased muffin pans and sprinkle with seeds. Bake at 400°F for 20-25 minutes.

## CHOCOLATE MUFFINS - DOUBLE

2 C plain flour	pinch salt
1 T baking powder	½ t allspice
½ C brown sugar	½ chopped pecans
2 eggs	⅔ C milk
1 t vanilla essence	3 oz butter melted
3½ oz Nestle Choc Melts melted	4½ oz Nestle White Bits

Sift first 4 ingredients into a bowl. Add brown sugar and pecans. Combine eggs, milk, vanilla, melted butter and Choc Melts, add to dry ingredients, mix lightly. Add White Bits, stir to combine. DO NOT OVERMIX, it should be lumpy. two-thirds fill greased muffin pans and bake at 400°F for 20-25 minutes. NOTE: Nestles Melts are cooking chocolate that come in a button shape, easier to melt and weigh than blocks. Nestles Bits are morsels of pure chocolate, so they hold their shape when baked. Both come in 3 varieties here in NZ, dark, milk and white chocolate. Substitute whatever you can find.

## CHOCOLATE BOURBON MUFFINS

¾ C flour	½ t baking soda
¼ t salt	½ C sugar
½ C softened butter	1 egg
1 square (1 oz) melted semisweet chocolate	1 T bourbon
1 t vanilla	½ C semisweet chocolate chips
½ C chopped pecans	

Preheat oven to 400°F, prepare pans. In a bowl mix first three ingredients. In another bowl cream butter and sugar until light and fluffy, beat in chocolate, egg, bourbon and vanilla. Add dry mix to wet mix until just combined, stir in chips and nuts. Spoon into pans and bake for 15-20 minutes or until done. Makes 9. These muffins freeze well. Note: A nice chocolate muffin but it needs more bourbon!

## CHOCOLATE CHEESECAKE MUFFINS

2¾ oz cream cheese	2 T sugar
1 beaten egg	⅓ C cooking oil
¾ C milk	icing sugar
1 C flour	3 T cocoa
½ t salt	2 t baking powder
½ C sugar	

In a small bowl, beat cream cheese and 2 T sugar until light and fluffy. Set aside. In a large bowl, stir together flour, ½ C sugar, cocoa, baking powder and salt. Combine egg, milk and oil. Add dry mix to wet mix until just combined. Spoon half of batter into prepared pans, put 1 t cream cheese on top of each muffin, top with rest of batter. Bake at 375°F for 20 minutes. Dust with icing sugar. A delicious dessert muffin.

## CHOCOLATE CHIP MUFFINS

½ C butter or margarine	½ C sugar
2 eggs	1 C milk
½ C yoghurt	1 t vanilla essence
½ C chopped chocolate or chocolate chips	3 C self-raising flour

Preheat oven to 350°F, prepare pans. Thoroughly blend the margarine and sugar and beat in the eggs, milk, yoghurt and vanilla. Mix in the chips. Gently fold the flour into the wet mix. Place in pans and bake for 15-20 minutes. Makes 12-14. Variations:

Double Choc: Add 2 T cocoa blended with 4 T of boiling water to the wet mix.

Choc and Raisin and/or Pecan: Add ½ C chopped raisins and/or ½ C chopped pecans to the wet mix of Choc or Double Choc muffins. Chocolate Macaroon: Add ½ C desiccated coconut to any of the above recipes.

## CHOCOLATE RASPBERRY MUFFINS

15 oz can raspberries in syrup  
½ C sugar  
1 lightly beaten egg  
¾ C buttermilk

2 C self-raising flour  
½ C Choc Bits or Chips  
2 oz melted butter

Preheat oven to 375°F, prepare pans. Pour undrained raspberries into a pan, bring to boil, boil without stirring for about 12 minutes, or until mixture is thick and a jam-like consistency; cool. Combine the sifted flour, sugar and chocolate in a bowl. Mix egg, butter and buttermilk. Stir dry mix into wet mix until just combined. Gently fold in the raspberry mixture. Spoon into pans and bake for about 15 minutes or until cooked. Makes 12 muffins.

## CHERRY MUFFINS

1½ C flour  
2 t baking powder  
½ small bottle maraschino cherries cut up  
3 T melted butter

½ C sugar  
½ t salt  
2 eggs  
1 C cherry juice and milk combined

Prepare pans. Stir together dry ingredients and add the cherries. Mix eggs, cherry liquid and melted butter. Add the dry mix to the wet mix until just combined. Bake for 15-20 minutes at 375°F. Makes 9-10 large muffins.

## CHRISTMAS MORNING CRANBERRY MUFFINS

1 C cranberries  
1 ½ C flour  
2 t baking powder  
½ t cinnamon  
1 beaten egg  
¾ C orange juice  
¼ C chopped walnuts

¼ C sugar  
¼ C sugar  
1 t salt  
¼ t ground allspice  
¼ t grated orange rind  
⅓ C melted butter

Coarsely chop cranberries, sprinkle with ¼ C sugar and set aside. Preheat oven to 375°F, prepare pans. Combine flour, 2nd measure sugar, baking powder, salt, cinnamon and allspice. In another bowl combine egg, orange rind and juice and melted butter. Add dry mix to wet mix and stir to moisten. Fold in cranberry mixture and nuts. Spoon into pans and bake for 15-20 minutes or until golden. Makes 9 large muffins.

## COCONUT MUFFINS (+4)

¼ C butter  
2 eggs  
2½ C self-raising flour  
Topping - ¼ C sugar

½ C sugar  
1½ C milk or plain yoghurt  
1 C macaroon desiccated coconut  
¼ C desiccated coconut

Preheat oven to 350°F, prepare pans. Blend the butter and sugar thoroughly, beat in eggs and milk/yoghurt. Gently fold the combined dry mix into the wet mix. Spoon into pans and sprinkle with topping. Bake for 25 minutes. Makes 12 medium muffins.

Variations:

Coconut and Orange: Reduce the milk/yoghurt to ½ C. Add ½ C of blended or pureed whole orange to the wet mix, or ½ C orange juice and 2 T of grated orange rind to the wet mix.

Coconut and Cherry: Add 1 C of chopped glace cherries to the combined wet mix.

Coconut and Ginger: Add ½ C of chopped glace ginger and ½ C chopped walnuts/pecans to the wet mix. ½ C of chopped glace cherries may also be added if desired.

Coconut and Pineapple: Add 1 C of crushed tinned pineapple to the wet mix and reduce the milk or yoghurt to 1 C. Do not use fresh pineapple.

## COCONUT-CREAM MUFFINS

2 eggs  
3 T melted margarine  
1 C coarsely shredded coconut  
2 t baking powder  
1¾ C flour

1 T rum  
1 C coconut cream  
¾ C chopped pineapple  
½ C sugar

Preheat oven to 400°F, prepare pans. Put the first six ingredients into a bowl and mix well. Add the dry ingredients and blend until just mixed. Spoon into pans, sprinkle a little coconut on top of each muffin and bake for 50-20 minutes. Makes 12 muffins.

## COFFEE MUFFINS

1 C very strong cold black coffee  
2 eggs  
2½ C flour

1 C sugar  
1 C yoghurt  
2 t baking powder

Preheat oven to 400°F, prepare pans. Put the first four ingredients into a bowl and mix well. Add the dry mix to the wet mix until just combined. Spoon into pans and bake for 15-20 minutes. Makes 15.

## COFFEE DATE AND CHOCOLATE MUFFINS

2 C chopped dates  
rind of 1 orange  
½ C water  
2 eggs  
2 chopped bananas  
½ t vanilla  
1½ C self-raising flour

1 C orange juice  
1 T coffee granules  
½ C sugar  
½ C chopped cooking chocolate  
¼ C oil  
1 C wholemeal self-raising flour

Preheat oven to 375°F, prepare pans. Place the dates in the orange juice and rind and microwave for 3 minutes to warm and soften them (may be done in a saucepan). Combine the coffee and the water. Add this to the dates. Mash the bananas and blend in the eggs, sugar, oil, chocolate and vanilla. Combine all the wet mix ingredients. Fold the previously mixed flours into the wet mix until just combined. Spoon into pans and bake for 25-30 minutes. Makes 12 large muffins.

## CORNMEAL MUFFINS

1 ⅓ C all purpose flour  
4 t. baking powder  
½ t. salt  
1 ⅛ C milk

⅔ C cornmeal  
6 T. sugar  
1 egg (whole, large)  
⅓ C oil

Mix wet ingredients. Mix dry ingredients. Add wet to dry. Bake 350°F for 25 - 30 minutes.

## CRANBERRY-APPLE MUFFINS

1 C White Flour  
1 t Baking Soda  
¼ t Salt  
¾ C Brown Sugar (packed)  
1 t Vanilla Extract  
¾ C Fresh Cranberries ½ C Chopped Nuts (walnuts or pecans)

½ C Whole Wheat Flour  
1 t Cinnamon  
2 Eggs  
¼ C Vegetable Oil  
¾ C Diced Tart Apple

Pre-heat oven to 350°F. Line muffin cups with papers or grease them. Mix dry ingredients. Break eggs in a separate bowl, add brown sugar and whisk until smooth. Whisk in oil and vanilla. Add apple, cranberries and nuts. Fold in dry ingredients until just moistened. Spoon batter into muffin cups. Bake 20-25 minutes until browned and firm to the touch.

## CRANBERRY ORANGE MUFFINS

¾ C natural (wheat) bran	¾ C whole-wheat flour
½ C granulated sugar	1 ½ teaspoons cinnamon
1 teaspoon baking powder	1 teaspoon baking soda
1 ⅓ C cranberry sauce	1 egg, beaten slightly
½ C buttermilk or low-fat plain yogurt	¼ C vegetable oil
1 t orange rind	

In bowl, combine bran, flour, sugar, cinnamon, baking powder, and baking soda; mix well. Add cranberry sauce, egg, buttermilk or yogurt, vegetable oil and orange rind; stir just until combined. Spoon batter into paper-lined or non stick muffin tins. Bake in 400F oven for 25 minutes or until firm to the touch. Makes 12 large muffins.

## CURACAO MUFFINS

½ C melted margarine	¾ C sugar
¼ C apple juice	½ C Curacao liqueur
2 eggs	½ C lemon cheese
2 t baking powder	1¾ C flour

Preheat oven to 375°F, prepare pans. Blend wet mix ingredients and mix well. Fold in the previously mixed dry ingredients until just blended. Spoon into pans and bake for 15-20 minutes. Makes 20 muffins. Note: Curacao is an orange flavoured liqueur.

## DATE MUFFINS

½ C brown sugar	1 t salt
1 C date filling	¾ C flour
1 egg	1 C sour milk or buttermilk
1 T melted shortening	1½ C bran
1 t baking soda	
Date Filling:	
1 C chopped dates	½ C brown sugar
1 C hot water	1 t lemon juice.

Mix date filling ingredients and simmer until thickened. Preheat oven to 375°F, prepare pans. Measure sugar, egg, salt, shortening and date filling into a bowl. Beat vigorously until smooth. Add bran. Add flour and baking soda, then milk. Stir ONLY to moisten ingredients. Spoon into pans and let stand for 3 minutes. Bake for 20 minutes or until done. Makes 12 deliciously tasty and moist muffins. Note: Shortening may be anything you wish (butter, margarine, oil, etc.).

## DONUT MUFFINS

1¾ C all purpose flour	1½ t baking powder
½ t salt	½ t nutmeg
¼ t cinnamon	⅓ C oil
¾ C sugar	1 egg
¾ C milk	
Topping: ½ C melted butter	¾ C sugar
1 t cinnamon	

Reheat over to 350°F and prepare large muffin pans. Combine flour, baking powder, salt, nutmeg and cinnamon. In another bowl combine thoroughly oil, sugar, egg and milk. Add to dry mixture and stir to just combine. Bake for 20-25 minutes. Remove muffins immediately while hot, dip in melted butter then sugar and cinnamon previously combined. Makes 8-9 large muffins. Variation: Fill pans ½ full, put 1 t jam on top of each and top with the rest of the batter. Reprinted without permission from Muffin Mania (Canada).

## FEIJOA MUFFINS

1½ C flour  
2 t ground ginger  
2 t baking powder  
½ C raw sugar  
¼ C (50g) butter  
1 beaten egg

1 C wholemeal flour  
1 C milk  
½ t baking soda  
1 C milk  
1 t vanilla essence  
1 C chopped feijoas

Preheat oven to 180°C (350°F), prepare pans. Mix together the flour, ginger, baking powder and soda and sugar. Rub in the butter until it resembles fine breadcrumbs. Combine the liquid ingredients; add the dry mix and feijoas until just combined. Spoon into pans and bake for 15 minutes. A small slice of crystallised ginger may be placed on top of each muffin before baking if desired. Makes 12.

Nutritional Value: Energy - 703 kilojoules (167 calories) per muffin. Feijoa - A waxy green fruit about 3" long. Although it is not a guava you may know it as a Pineapple Guava. *Feijoa sellowiana* is an evergreen shrub, growing to 10-16 ft. It thrives in subtropical regions but is hardy and once established will tolerate moderate frosts. They are either eaten raw (with or without the skin) or made into jellies, sauces and chutneys.

## FIG MUFFINS

½ C oil  
2 eggs  
½ orange juice  
1 C chopped dried figs  
¼ t baking soda

½ C sugar  
½ C milk  
2 t orange rind  
2½ C self-raising flour

Preheat oven to 400°F, grease pans. Thoroughly blend all the wet mix ingredients lastly adding the figs; gently fold the dry mix into the wet mix. Place in pans and bake for 20-25 minutes. Makes 10-12.

Variations: Fig and Ginger - Add ½ C of chopped preserved ginger to the wet mix. Comment: I'm not sure if the orange juice is supposed to be the juice of ½ an orange or whether there was a misprint and it should have been ½ C orange juice, try the smallest amount and then add more if too dry.

## FIG AND ORANGE MUFFINS

2 C sifted flour (sift before measuring)  
½ t salt  
1 egg  
1 C milk  
fresh grated rind of 1 orange

3 T sugar  
1 T baking powder  
¼ C melted butter or salad oil  
½ C chopped dried figs

Preheat oven to 410°F, prepare pans. Sift flour again with sugar, baking powder and salt into bowl. Beat egg with butter and stir in milk. Add dry mix to wet mix until just combined. Spoon into pans and bake for about 25 minutes or until well browned. Makes 10 muffins.

## FRUIT BLOSSOM MUFFINS

⅔ C Blackberry Jam or Orange Marmalade  
1 slightly beaten egg  
⅔ C chopped pecans  
Topping: 1 T flour  
½ t ground cinnamon  
2 to 3 t cold butter

½ C orange juice  
2 C biscuit baking mix  
¼ C sugar  
¼ t ground nutmeg

Preheat oven to 400°F, prepare pans. Combine jam, juice and egg. Add biscuit mix; stir until just moistened. Stir in nuts. two-thirds fill pans. In small bowl, combine sugar, flour and spices; cut in margarine until crumbly. Sprinkle over batter. Bake 15 to 20 minutes or until golden brown. Makes about 12 muffins. NOTE: To those non-Americans or Canadians - biscuit baking mix I presume is a sort of pre-mixed scone mix. To substitute you would need to mix up a batch of plain scones then measure 2 C.



## FOUR-CHIP DOUBLE-NUT MUFFINS

2 C flour	½ C brown sugar
2 t baking powder	½ t salt
⅔ C milk	2 lightly beaten eggs
1 t vanilla	½ C melted and cooled butter
½ C semisweet chocolate chips	½ C milk-chocolate chips
½ C butterscotch chips	½ C peanut butter chips
⅓ C chopped walnuts	⅓ C chopped pecans

Preheat oven to 400°F, prepare pans. In a bowl mix the first four ingredients, in another bowl mix the next four. Add the dry mix to the wet mix until just combined. Stir in chips and nuts. Spoon in pans and bake for 15-20 minutes or until done. Makes 12. These muffins freeze well.

## FUDGE FILLED PEANUT BUTTER MUFFINS

⅓ C semisweet chocolate chips	1 T unsalted butter or margarine
1⅔ C flour	½ C firmly packed light-brown sugar
¼ t salt	1 T baking powder
¾ C milk	½ C peanut butter
⅓ C oil	1 lightly beaten egg
1½ t vanilla	½ C chopped salted peanuts without skins (optional)

Preheat oven to 400°F, prepare pans. In a small saucepan (or microwave) heat chocolate chips and butter until melted, stirring constantly; remove from heat and reserve. In a bowl stir together flour, sugar, baking powder and salt. In another bowl stir together milk, p/butter, oil, egg and vanilla. Add dry mix to wet mix until just combined. Spoon half of batter into pans. Divide chocolate mixture among muffins, a scant teaspoon per pan; do not let filling touch sides of pan. Spoon remaining batter over filling. Sprinkle tops of muffins with chopped peanuts if desired. Bake for 20-25 minutes or until lightly browned. Makes 9 muffins.

Variation: A ripe banana cut into ½" thick slices and dipped in orange juice may be used instead of the fudge filling.

## GINGER MUFFINS (+5 VARIATIONS)

½ C margarine	¼ C golden syrup
¼ C sugar	2 eggs
1 C milk	1 t grated lemon rind
2½ C self-raising flour	¼ t baking soda
1 t cinnamon	1 t mixed spice
1 T ground ginger	

Preheat oven to 430°F, prepare pans. Blend together the margarine, golden syrup, molasses and sugar then beat in the eggs and milk. Combine the dry ingredients then mix them into the wet mix. Spoon into pans and bake for 20-25 minutes. Makes 10.

Variations:

Ginger and Apple: Reduce the milk to ½ C and add 1 C diced cooked or grated raw apple to the wet mix.

Ginger and Sultana: Add ½ C sultanas to the wet mix (or golden raisins if you can't get sultanas).

Chunky Ginger: Add ¼ C chopped mixed peel and ¼ C crystallised ginger to the wet mix.

Raisin and Walnut Ginger: Add ½ C chopped raisins and ½ C chopped walnuts/pecans to the wet mix.

Ginger and Chocolate: Add 1 C chopped chocolate or 1 C chocolate chips/drops/bits to the wet mix.

Omit the lemon rind.



## HAWAIIAN MUFFINS

2 C flour  
2 t baking powder  
1 C (3½ oz) salted roasted chopped macadamia nuts  
½ C chopped dried pineapple  
½ C melted and cooled butter  
1 t vanilla  
⅓ C sugar  
½ t salt  
⅔ C flaked coconut  
¾ C milk  
1 lightly beaten egg

Preheat oven to 400°F, prepare pans. In a bowl combine first 4 dry mix ingredients, stir in rest of dry mix ingredients to coat. In another bowl mix together the wet mix ingredients. Add dry mix to wet mix until just combined. Spoon batter into pans and bake 15-20 minutes or until done. Makes 12. These muffins freeze well.

## HAZELNUT MUFFINS

2 eggs  
½ C melted butter or margarine  
½ C sugar  
½ C chopped hazelnuts  
¾ C yoghurt  
½ C Frangelico liqueur  
1½ C flour  
3 t baking powder

Preheat oven to 400°F, prepare pans. Combine wet mix ingredients and mix well. Add the dry mix to the wet mix until just combined. Spoon into pans and bake for 15-20 minutes. Makes 12.

## HEAVENLY MAPLE SYRUP MUFFINS

¼ C margarine  
1 t salt  
½ C milk  
¾ C rolled oats  
Glaze: 1 T butter  
1 T maple syrup  
½ C sugar  
1¼ C flour  
2 t baking powder  
½ C maple syrup  
½ C icing sugar

Preheat oven to 350°F, prepare pans. Soften margarine, blend in sugar and salt. Add dry ingredients and blend with pastry cutter until crumbly. Mix in oats. Blend milk and syrup together and pour over dry ingredients stirring only until just combined. Bake for 20 minutes or until cooked. Spread glaze over when slightly cooled. Makes 8 large muffins.

## HONEY APRICOT MUFFINS

1½ C flour  
1 C chopped pecans  
3 t baking powder  
1 C honey  
4 T safflower oil  
1½ C oat bran  
½ t salt (optional)  
1½ t apple pie spice  
2 egg whites

16 oz can apricot halves in extra-light syrup chopped finely with syrup reserved

Preheat oven to 325°F, prepare pans. Combine first 6 ingredients. In another bowl combine honey, oil, egg whites, apricots and syrup; add dry mix to wet mix until just combined. Spoon into pans and top with extra pecan halves if desired, bake 25-30 minutes or until cooked. Makes 18 muffins. Recipe courtesy of the Sunset Magazine.

## HONEY LEMON MUFFINS

1 C instant non-fat milk powder  
4 t baking powder  
½ C chopped crystallised lemon peel  
½ C honey  
3 T melted butter  
1 C flour  
½ t salt  
1 egg  
½ C hot water

Preheat oven to 400°F, prepare pans. Sift dried milk, flour, baking powder and salt, add lemon peel. Measure honey into small bowl then add hot water, mix to melt the honey (or melt in microwave). Beat egg, add honey and water and melted butter. Stir the dry mix into the wet mix until just combined. Spoon into pans and bake for 10 minutes or until golden.

## HOT CROSS MUFFINS

2 C flour  
2 t baking powder  
¼ t cinnamon  
1 C milk  
½ C melted and cooled butter or margarine  
½ t grated orange peel  
1 C currants  
Glaze: ⅓ C icing sugar

¾ C sugar  
½ t salt  
⅛ t allspice  
1 lightly beaten egg  
1 t vanilla  
½ t grated lemon peel  
1½ t lemon or orange juice

Preheat oven to 375°F, prepare pans. In a bowl combine first 6 ingredients. In another bowl stir together rest of ingredients except currants. Add dry mix to wet mix until just combined, stir in currants. Spoon into pans and bake for 15-20 minutes or until done. Cool 5 minutes before removing muffins from pans. For glaze, combine ingredients and drizzle over each muffin to form a cross. Serve warm. Makes 12. These muffins freeze well. An easy to make substitute for hot cross buns.

## ICE CREAM MUFFINS

1½ C self raising flour  
1 beaten egg (optional)

2 C ice cream  
2 T oil (optional)

Reheat oven to 430°F and prepare pans. Sift flour into bowl, soften ice cream but do not allow to melt completely. Stir into the flour quickly. Do not over mix. ¾ fill pans and bake for 15-20 minutes. If a richer muffin is required add 1 beaten egg and 2 T of oil to the mixture.

## IRISH MUFFINS

1½ C wholemeal self-raising flour  
½ t baking soda  
2 oz melted margarine  
1 T sugar  
1 egg

½ C white self-raising flour  
¼ C currants  
pinch salt  
1 t caraway seeds  
⅔ C buttermilk

Preheat oven to 350°F, prepare pans. Mix flours, salt, sugar and baking soda. Stir in seeds and currants. Beat egg, margarine and buttermilk. Mix dry mix into wet mix until just combined. Spoon into pans and bake for 15-20 minutes.

## JAM AND COCONUT MUFFINS

2½ C flour  
½ heaped C caster sugar  
1¼ C coconut  
1¼ C milk  
6 T vegetable oil

3 t baking powder  
1 egg  
1 t vanilla essence  
3 T jam  
little extra coconut

Preheat oven to 400°F, prepare pans. Sift flour and baking powder, stir in sugar and coconut. Beat egg, vanilla, milk and oil together. Add dry mix to wet mix until just combined. Place a large tablespoon of batter into each pan, add a teaspoon of jam to each and the rest of the batter. Sprinkle tops with a little coconut. Bake for 25-30 minutes or until well risen and firm to the touch. Makes 9-10 muffins.

## KIWIFRUIT MUFFINS - 1

2 eggs  
¼ C oil  
4 large very ripe mashed kiwifruit  
1 T lemon juice  
Topping - equal parts sugar and mixed spice (optional)

½ C sugar  
½ C milk  
¼ t vanilla essence  
3 C self-raising flour

Preheat oven to 350°F, prepare pans, or line them with muffin papers. Blend the eggs, sugar and oil. Mix in the remaining wet mix ingredients then carefully fold in the flour. Place in the muffin pans, sprinkle with topping if desired and bake for 25-30 minutes. Makes 12. Comment: These muffins are a very pale colour when cooked.

Variations:

Kiwifruit and Banana: Add 1 chopped banana to the wet mix and 2 T of extra flour to the dry mix.

## **KIWIFRUIT MUFFINS - 2**

¾ C white flour  
½ C wholemeal  
½ C oil  
½ C kiwifruit-peeled, chopped  
½ C milk

½ C cornmeal  
3 t baking powder  
½ C sugar  
2 eggs

Sift flour and baking powder into a bowl; add cornmeal, wholemeal and sugar. In another bowl beat eggs, oil and milk. Gently stir kiwifruit into wet mixture. Add dry mix to wet mix and stir until JUST combined. Spoon into pans and bake at 400°F for 15-20 minutes. Makes 12.

## **LEMON BREAKFAST MUFFINS**

1 C flour  
½ C sugar  
¼ C melted butter  
2 eggs  
Topping - ¼ C melted butter  
1 T lemon juice

1 heaped t baking powder  
1 t salt  
½ C fresh lemon juice  
finely grated rind of 1 lemon  
½ C sugar

Preheat oven to 375°F, prepare pans. Combine dry ingredients and blend well. Melt butter, remove from heat and stir in juice, eggs and rind. Add dry mix to wet mix until just combined. Spoon into pans and bake for 15-20 minutes or until nicely browned. Remove from pan while warm and dip in topping. Variation: A C of raisins added to this batter makes a delicious muffin. Topping: Combine melted butter and juice, measure sugar into separate dish. Dip top of muffins into butter then sugar.

## **LEMON COCONUT MUFFINS**

1 C all-bran  
1 lightly beaten egg  
juice and grated rind of 1 lemon  
1½ C self-raising flour  
extra coconut

1½ C skim milk  
2 T cooking oil  
½ C coconut  
¼ C caster sugar

Preheat oven to 375°F, prepare pans. Place all-bran and milk in a large bowl. Stand for 5 minutes until softened. Stir in egg, oil, lemon juice and rind. Combine flour, sugar and coconut and stir into wet mix until just moistened. Spoon into pans and bake for 25-30 minutes. Makes 12 muffins.

## **LEMON, LIME, AND ORANGE MUFFINS**

½ C sugar  
2 eggs  
rind and juice of 1 orange, 1 lime and 1 lemon (should make 1 C)  
1½ C self-raising flour

½ C margarine  
½ C yoghurt or ¼ C milk

Preheat oven to 350°F, prepare pans. Blend the sugar and margarine and beat in the eggs. Thoroughly mix in the yoghurt and citrus rinds and juices. Carefully combine the flour with the wet mix. Spoon into pans and bake for 20-25 minutes. Makes 10-12 muffins.

## **LEMON AND POPPY SEED MUFFINS**

½ C margarine  
2 eggs  
2 t grated lemon rind  
¼ C poppy seeds  
¼ t baking soda

½ C sugar  
1 C milk or yoghurt  
½ C lemon juice  
2 C self-raising flour

Preheat the oven to 400°F, grease the muffin pans. Blend the margarine and sugar; beat in the eggs, milk, lemon and seeds. Fold the dry mix into the wet mix (do NOT over mix), spoon into pans and bake for 20 minutes. Makes 12. Serve with lemon or honey butter. Using yoghurt instead of milk will give a moister product.

## LEMON SPICED MUFFINS

2 C flour  
1½ t cinnamon  
1 T grated lemon rind  
2 eggs  
1 C unsweetened natural yoghurt  
4 t baking powder  
½ C sugar  
½ C oil  
¼ C milk

Topping: ¼ C raw sugar and 1 t ground cinnamon mixed together

Preheat oven to 400°F, prepare pans. Sift flour, baking powder and cinnamon, stir in sugar and lemon rind. Lightly beat the oil, eggs, yoghurt and milk together. Add dry mix to wet mix until just combined. Spoon into pans, sprinkle with topping, bake for 15-20 minutes or until golden and well risen. Makes 12.

## LEMON CHEESE AND RAISIN MUFFINS

¾ C milk  
2 eggs  
¼ C brown sugar  
½ C raisins  
1 C shredded coconut  
juice and grated rind of 1 lemon  
¼ C white sugar  
¼ C lemon cheese  
2 C flour  
1 T baking powder

Preheat oven to 375°F, prepare pans. Mix all ingredients except the flour and baking powder. Add flour and baking powder and mix until just blended. Spoon into pans and bake for 20-25 minutes. Makes 14 moist and tasty muffins. If you can't buy lemon cheese then here is a couple of recipes, you can use either in the muffins.

### LEMON CHEESE

4 oz butter  
1 C water  
2 eggs  
1 C sugar  
juice of 2 lemons and grated rind of 1  
1 pkt lemon jelly crystals

Put butter, sugar, lemon rind and juice, water and jelly crystals in a double boiler, or put in a basin and stand in a saucepan of hot water. When mixture is melted add the well-beaten eggs. Stir occasionally until the mixture thickens. (Do NOT let it boil). Pour into hot jars and cover when cold. Store in refrigerator.

### LEMON HONEY

1 lb sugar  
4 eggs  
4 oz butter  
juice and rind of 4 lemons

Grate only the yellow parts of the lemons as the white pith is bitter. Strain the juice, beat eggs a little, put all ingredients into a double boiler or put in a basin and stand in hot water. Cook slowly until thick and smooth. (This may take quite awhile, do NOT let it boil). Put into hot jars and cover when cold. Store in refrigerator.

## LEMONADE MUFFINS

1½ C flour  
2½ t baking powder  
1 beaten egg  
¼ C milk  
½ C chopped walnuts  
¼ C sugar  
½ t salt  
6 oz can (⅔ C) frozen lemonade thawed  
⅓ C cooking oil

Preheat oven to 375°F, prepare pans. Mix dry ingredients. Combine wet mix ingredients except nuts and only ½ C lemonade, add to dry mix stir until just moistened. Gently stir in nuts. Spoon into pans and bake for 15-20 minutes or until done. While hot, brush with remaining lemonade and sprinkle with white sugar. Makes 8-9 large muffins.

## LINZERTORTE MUFFINS

2 C flour  
½ t salt.  
½ C firmly packed dark-brown sugar  
½ C softened butter or margarine  
1 t grated lemon peel  
1 C milk  
¼ C seedless raspberry jam

2 t baking powder  
⅛ t ground cloves  
¼ C granulated sugar  
1 lightly beaten egg  
½ t vanilla  
¾ C ground blanched hazelnuts  
1 t cinnamon

Preheat oven to 400°F, prepare pans. Combine flour, baking powder and spices. In another bowl cream sugars with butter until light and fluffy; beat in egg, peel and vanilla, stir in milk. Add dry mix to wet mix until just combined. Stir in hazelnuts. Spoon half of batter into pans, place 1 t of jam in centre of each muffin; do not let jam touch sides of pans. Spoon remaining batter into pans and bake for 15-20 minutes or until lightly browned. Makes 12. These muffins freeze well.

## MANGO MUFFINS

¼ C cream cheese  
2 eggs  
grated rind of 1 lemon  
½ C sour whipped cream  
Topping - ¼ C toasted slivered almonds

½ C sugar  
1 C apricot yoghurt  
1½ C chopped mango  
2½ C self-raising flour  
¼ C castor sugar

Preheat oven to 350°F, prepare pans. To make cream sour, add 1 t lemon juice. Blend the sugar into the cream cheese. Beat in the eggs, cream and yoghurt. Mix in the mango and lemon rind. Fold in the flour. If the mixture is still runny add an extra ½ C flour. Place in pans, sprinkle with almonds then sugar and bake for 25 minutes. Makes 10-12. Variations: Peaches and Cream Muffins - Substitute the mango with chopped peaches.

## MAPLE SYRUP AND CHERRY MUFFINS

½ C margarine  
2 beaten eggs  
rind and juice of 1 lemon  
1 C flour  
1 C wholemeal flour  
1 C chopped cherries

¼ C maple syrup  
1 t vanilla essence  
1 C low-fat yoghurt  
1 t cinnamon  
2 t baking powder  
12 whole cherries (optional)

Preheat oven to 400°F, prepare pans. Blend the margarine and syrup thoroughly. Beat in the eggs followed by the lemon rind and juice, vanilla and yoghurt. Gently fold in the previously mixed dry ingredients then the chopped cherries, do not over mix. Spoon into pans, top with whole cherries if desired, bake for 20 minutes or until cooked. Makes 12. 203 calories per muffin.

## MARMALADE MUFFINS

peel of 1 grapefruit and 1 orange  
1 C sugar  
1 t salt  
1¾ C flour

1½ C buttermilk  
½ t baking soda  
½ C butter or margarine  
2 t baking powder

Preheat oven to 375°F, prepare pans. Cut complete fruit skins into blender, add buttermilk and grind fine. Add sugar, salt and butter and blend. Stir dry mix ingredients together and pour wet mix over, stirring just to moisten. Bake for 20 minutes or until done. Makes 12 muffins. Note: These are a really piquant muffin, ideal for breakfast. For a slightly sweeter taste, while warm dip in melted butter and white sugar. Absolutely scrumptious!

## MARZIPAN RASPBERRY MUFFINS

1 package (7 oz) almond paste	2 T seedless raspberry jam
$\frac{2}{3}$ C sugar	2 C flour
2 t baking powder	$\frac{1}{2}$ t salt
1 C milk	1 t vanilla
$\frac{1}{2}$ C melted and cooled butter or margarine	1 lightly beaten egg
$\frac{1}{4}$ t almond extract	$\frac{3}{4}$ t flaked coconut
24 whole blanched almonds	

Preheat oven to 400°F, prepare pans. Slice almond paste into 24 equal pieces; form each piece into 1½" diameter circle (or small enough to fit into your size pans without touching the sides). Top centre of 12 circles with  $\frac{1}{2}$  t jam; top with remaining circles, press edges to seal. Set aside. In a bowl, stir together flour, sugar, baking powder and salt. In another bowl, stir together milk, butter, egg, vanilla and almond extract until blended. Add dry mix to wet mix until just combined. Stir in coconut. Spoon half of batter into pans, place an almond pocket horizontally on top of each portion of filling; do not let almond paste touch sides of pans. Spoon remaining batter over paste and top each muffin with 2 almonds. Bake 15-20 minutes or until lightly browned. These muffins freeze well. Makes 12. Note: Muffins can also be prepared by cutting almond paste into 12 equal pieces and rolling each into a ball. Use this as the filling, without the jam; proceed as above. Serve muffins with jam. Note: I'm sure that it requires more than a teaspoon of coconut!

## MINCEMEAT RUM MUFFINS

1½ C flour	$\frac{1}{4}$ C sugar
2 t baking powder	$\frac{1}{2}$ t salt
$\frac{1}{2}$ melted margarine	$\frac{1}{2}$ C apple juice
2 eggs	1 C fruit mincemeat
sugar cubes	rum

Combine dry ingredients and mix well. Melt margarine and stir in juice and eggs. Beat well. Stir liquid ingredients into dry mixture. Add mincemeat and stir until just moistened. Spoon into greased muffin cups, soak 1 sugar cube in rum and place on top of batter. Bake 375°F for 15-20 minutes. Makes 8-9 large muffins. Note: very sweet.

## MORNING GLORY MUFFINS

4 C all purpose flour	2.5 C sugar
4 teaspoons baking soda	4 teaspoons cinnamon
1 teaspoon salt	4 C coarsely grated carrots
1 C raisins	1 C chopped pecans
1 C sweetened shredded coconut	2 tart apples, peeled and grated
6 large eggs	2 C vegetable oil
2 teaspoons vanilla	

Into a large bowl sift together the flour, the sugar, the baking soda, the cinnamon and the salt and stir in the carrots, the raisins, the pecans, the coconut and the apples. In a bowl whisk together the eggs, the oil, and the vanilla, add this mixture to the flour mixture, and stir the batter until it is just combined. Spoon the batter into well-buttered  $\frac{1}{3}$  C muffin tins, filling them to the top, and bake the muffins, in batches if necessary, in the middle of a preheated 350 degree oven for 30 to 35 minutes, or until they are springy to the touch. Let the muffins cool in the tins for 5 minutes and turn them out onto a rack. Makes about 30 muffins. Note: traditionally morning glory muffins have morning glory seeds in them but they are left out nowadays because the seeds are treated in some way. I've also heard rumours that morning glory seeds are slightly narcotic!

## NASHI AND APRICOT YOGHURT MUFFINS

1 ¼ C flour	2 t baking powder
½ t baking soda	2 beaten eggs
1 C wholemeal flour	2 C finely chopped nashi
¼ C oil	¼ C finely chopped dried apricots
1 C apricot yoghurt	1 t ginger
¼ C low-fat milk	½ t ground cloves

Preheat oven to 400°F, prepare pans. Sift the flour with the baking powder and soda, add the wholemeal flour. Add the nashi and apricots. To the eggs add the oil yoghurt, milk and spices. Add the dry mix to the wet mix until just combined. Spoon into pans and bake for 20 minutes or until cooked. Makes 12. 169 calories per muffin.

## NUTTY CHOC AND MARSHMALLOW MUFFINS

2 oz cooking chocolate melted	½ C melted butter or margarine
1 C sour cream or yoghurt	½ C brown sugar
1 egg	1 t vanilla
1 ½ C flour	1 t baking powder
½ C walnuts	¾ C chopped marshmallows

Preheat oven to 400°F and prepare muffin pans. Put the first six ingredients into a bowl and mix well. Add the remaining ingredients, except marshmallows, blend until just mixed, and then fold in the marshmallows. Put into pans and bake for 15-20 minutes. Makes 15 muffins.

## OATMEAL MUFFINS

1 C flour	¼ C granulated sugar
3 t baking powder	½ t salt
1 C quick-cooking oatmeal (NOT instant)	1 egg, slightly beaten
1 C milk	3 T vegetable oil

Preheat oven to 425 degrees Fahrenheit. Grease 12 muffin tins with shortening. Sift together flour, sugar, baking powder, and salt. Add oatmeal, stir to mix. Mix in egg, milk, and oil, stirring only to moisten. Fill 12 muffin tins and bake for 15 minutes or until lightly golden brown on top.

## ORANGE AND CARROT MUFFINS

1 C buttermilk	1 beaten egg
⅓ C melted butter	1 t vanilla
1 C whole wheat or plain flour	1 t baking soda
1 C quick cooking oats	½ C brown sugar
1 C finely shredded carrot	grated rind of 1 orange
2 t baking powder	1 t salt

Preheat oven to 375°F, prepare pans. Pour buttermilk over oats in bowl. Add beaten egg, melted butter, sugar, carrots, vanilla and rind and mix thoroughly. Combine dry ingredients and add to wet mix until just combined. If desired, raisins or date may be added at this point. Spoon into pans and bake for 15-20 minutes or until done. Makes 12 muffins.

## ORANGE OATMEAL MUFFINS

1 C oats	½ C orange juice
½ C boiling water	½ C butter
½ C brown sugar	1 C raisins
1 t baking powder	1 t salt
½ C sugar	2 beaten eggs
1 C flour	1 t baking soda
1 t vanilla	

Soak oats in orange juice and boiling water for 15 minutes. Preheat oven to 375°F, prepare pans. Cream butter and sugars, beat in eggs and stir in the oat mixture. Stir in raisins and vanilla. Mix flour, baking powder, baking soda and salt, add to wet mix until just combined. Spoon into pans and bake for 20 minutes or until done. Makes 12 muffins.



## ORANGE TEA MUFFINS

1½ C flour  
2 t baking powder  
½ C butter melted  
2 eggs  
Topping: sugar cubes

½ C sugar  
½ t salt  
½ C fresh orange juice  
grated rind of 1 orange  
orange juice

Preheat oven to 375°F, prepare pans. Combine first 4 ingredients and blend well. Melt butter, take off heat and stir in orange juice, rind and eggs. Beat. Stir dry mix into wet mix and blend until just moistened. Spoon into pans, soak 1 sugar cube in orange juice for each muffin and place on top of batter. Bake for 15-20 minutes or until done. Makes 8-9 large muffins.

## PAPAYA CASHEW MUFFINS

¾ C vegetable oil  
2 eggs  
½ t salt  
¾ t baking soda  
⅛ t ground ginger  
1¼ C lightly salted roasted cashew nuts

1 C sugar  
1 t vanilla  
2 C flour  
¾ t ground cinnamon  
1⅔ C diced peeled papaya

Preheat oven to 400°F, prepare pans. In a bowl, beat oil and sugar for 2 minutes. Add eggs and vanilla, beat 1 minute. In another bowl, stir together flour, baking soda, salt, cinnamon and ginger. Add dry mix to wet mix, stir to just combine. Stir in papaya and cashews. Spoon batter into pans and bake 20-25 minutes or until done. Cool 5 minutes before removing. Makes 12 muffins. These freeze well.

## PEACHES AND CREAM MUFFINS

¼ C cream cheese  
2 eggs  
grated rind of 1 lemon  
½ C sour whipped cream  
Topping - ¼ C toasted slivered almonds

½ C sugar  
1 C apricot yoghurt  
1½ C chopped peaches  
2½ C self-raising flour  
¼ C castor sugar

Preheat the oven to 350°F, grease or line the muffin pans. (To make cream sour, add 1 t lemon juice). Blend the sugar into the cream cheese. Beat in the eggs, cream and yoghurt. Mix in the peaches and lemon rind. Fold in the flour. If the mixture is still runny add an extra ½ C flour. Place in pans, sprinkle with almonds then sugar and bake for 25 minutes. Makes 10-12.

Variations: Mango Muffins - Substitute the peaches with chopped mango.

## PEANUT BUTTER MUFFINS

¼ C sugar  
2 eggs  
1½ C milk  
¼ t baking soda  
Topping - equal parts of cinnamon and sugar mixed together

¼ C butter or margarine  
½ C peanut butter  
2½ C self-raising flour

Preheat oven to 400°F and prepare pans. Blend thoroughly the sugar, margarine and peanut butter. Beat in the eggs and milk. Fold the dry mix into the wet mix. Place the mixture in pans, sprinkle with topping and bake for 15-20 minutes. Makes 10-15.

Variations:

PB and Choc Chip: Add ½ C of chopped choc or choc chips and ½ t vanilla to the wet mix.

PB and Date or Raisin: Add ½ C of chopped dates or raisins to the combined wet mix.

PB and Sesame Seed: Add ½ C toasted sesame seeds to the combined wet mix. Add ½ C chopped dates if desired.



## PEANUT BUTTER AND JELLY MUFFINS

1 T melted margarine	½ C peanut butter
1 egg	2 T sugar
1 C sour milk	2 C flour
1 T baking powder	
Topping: 3 T crushed salted peanuts	4 T sugar
2 T butter	strawberry jam for the middle

Preheat oven to 400°F and prepare pans. Put the first 5 ingredients into bowl and mix well, then add the flour and baking powder and blend until just mixed. Put a large spoonful of the batter into each muffin pan, then drop a small spoonful of jam (jelly) in the centre of each and cover with remaining batter. Sprinkle with the topping mixture and bake for 10-15 minutes. Makes 12 muffins.

## PEAR MUFFINS

½ C margarine	4 fresh pears peeled and diced
½ C sugar	½ C golden syrup
2 eggs	1 C milk
3 C flour	4 t ground ginger
2 t cinnamon	2 t mixed spice

Preheat the oven to 350°F and prepare pans. Thoroughly blend the margarine, sugar and golden syrup. Beat in the eggs and add the milk, mix well. Stir in the pears. Carefully stir in the previously combined dry mix. Place in pans and bake for 25-30 minutes. Makes 12-14.

Variations:

Pear with Caraway - Add 3 t of caraway seeds to the wet mix.

Pear with Nuts - Add ½ C of chopped walnuts or pecans to the wet mix.

Pear and Double Ginger - Add ½ C crystallised ginger to the wet mix.

Pear with Raisins - Add ½ C chopped raisins to the wet mix.

Pear with Rye - Replace the flour with 3 C rye flour and 4 t baking powder.

## PEARADISE MUFFINS

1 C flour	1 C whole wheat flour
1½ t baking soda	½ t cinnamon
1½ t baking powder	¼ t nutmeg
½ t salt	1 C yoghurt
¼ C oil	⅓ C honey
1 beaten egg	1 C diced pears

Preheat oven to 375°F, prepare pans. Mix dry ingredients together. Stir pears lightly into dry ingredients. Combine yoghurt, oil, honey and egg; add dry mix to wet mix until just combined. Spoon into pans and bake for 20-25 minutes or until done. Makes 15 muffins.

Variation: Grated lemon or orange rind may be added. To use sweet milk: omit yoghurt and baking soda, increase baking powder to 3 t and use 1 C fresh milk.

## PINA COLADA MUFFINS

½ C sugar	1 egg
¼ C margarine	1 C sour cream
½ t salt	1 t rum extract
1½ C flour	1 t baking powder
½ C coconut	½ t baking soda
1 small can drained crushed pineapple	

Reheat oven to 375°F, prepare pans. Combine sugar, egg, margarine, sour cream and rum extract and beat until blended. Stir together dry ingredients and add, stir until just mixed. Add pineapple and coconut. Spoon into pans and bake for 20 minutes. Makes 8-9 large muffins.

## **PINEAPPLE CHEESE MUFFINS**

½ C muesli  
1 egg  
1 T golden syrup  
½ C grated cheddar cheese  
¾ C drained unsweetened crushed pineapple  
½ C self-raising wholemeal flour  
½ C self-raising flour  
¼ C butter  
2 T non-dairy soy drink powder

Preheat oven to 375°F, prepare pans. Sift flours together retaining husks, add muesli. Melt butter, add golden syrup, pineapple and cheese. Combine with dry ingredients, add egg and soy powder. Do not over-mix. Spoon into pans and sprinkle tops with extra grated cheese if desired, bake for 12-15 minutes or until cooked. Makes 12 muffins. Recipe courtesy of the New Idea Magazine (NZ).

## **PINEAPPLE AND COCONUT MUFFINS**

¾ C butter  
2 lightly beaten eggs  
3 C flour  
¼ t salt  
1 C milk  
¾ C sugar  
6 t baking powder  
1 C coconut  
1 can crushed pineapple (about 13-14 oz)

Preheat oven to 350°F, prepare pans. Melt butter; blend in milk, eggs and pineapple. Combine sugar, flour, baking powder, salt and coconut. Add to wet mix until just combined. At this stage if mixture is too dry add another ¼ C of milk. Spoon into pans and sprinkle tops with sugar, bake for about 20 minutes or until golden brown. This recipe came from a lady that makes muffins for a living, consequently they will rise up rather large! You might like to try them with less baking powder.

## **PINEAPPLE AND PASSIONFRUIT MUFFINS**

½ C margarine  
½ C vanilla yoghurt  
2 C crushed pineapple  
juice of 1 lemon  
1 C passionfruit pulp (fresh or canned)  
½ C sugar  
2 eggs  
½ t finely grated lemon rind  
3 C self-raising flour

Preheat oven to 350°F, prepare pans. Blend the margarine and sugar then beat in the yoghurt and eggs. Add the passionfruit pulp, pineapple and lemon and mix well. Fold in the flour and spoon into pans. Bake for 25-30 minutes. Makes 12.

Variation: with coconut: Add 1 C macaroon coconut to the wet mix. This gives a firmer texture to the muffin.

## **PISTACHIO, CHOCOLATE, AND RUM MUFFINS**

2 C flour  
⅓ C butter  
1 C milk  
3 t baking powder  
½ C pistachio nuts chopped extra  
2 t rum  
⅓ C sugar  
½ C chocolate chips  
⅓ C pistachio nuts finely chopped  
1 t salt  
2 eggs

Rub butter into flour, baking powder and salt. Add sugar. Beat together eggs, milk and rum. Make a well in centre of dry ingredients, add 2nd measure chopped nuts, chocolate and milk mixture. Mix very lightly until just wet. ¾ fill greased muffin pans and sprinkle with 1st measure finely chopped nuts. Bake at 400°F for 20-25 minutes. Makes 12.

## **PLUM AND WHEATGERM MUFFINS**

5 very ripe plums  
1½ C flour  
1½ t baking powder  
¾ C milk  
½ C wheat germ  
2¾ oz butter  
1 egg  
½ C raw sugar

Preheat oven to 400°F, prepare pans. Roughly chop the plums and remove stones. Sift flour and baking powder; add sugar and wheat germ, mix. Melt the butter. Beat egg and milk together. Add butter and egg mix to the dry ingredients. Mix lightly with a fork. Gently stir in the plums. Spoon into pans and bake for about 15 minutes or until golden and well risen. Makes 6 large muffins.

### POPPYSEED MUFFINS

1½ C yoghurt  
2 t vanilla  
¼ C poppy seeds  
1¾ C flour  
¼ C oil  
⅓ C sugar  
2 eggs  
2 t baking powder

Preheat oven to 375°F, prepare pans. Combine wet mix ingredients and mix well. Add combined dry mix to wet mix until just combined. Spoon into pans and bake for 10-15 minutes. Makes 12.

### PUMPERNICKEL RAISIN MUFFINS

¾ C rye flour  
⅓ C brown sugar  
¼ C yellow cornmeal  
¼ t salt  
1 lightly beaten egg  
1 C raisins  
½ C flour  
1 t baking soda  
1 T unsweetened cocoa powder  
1 C buttermilk  
2 T molasses  
¼ C butter, melted and cooled

Preheat oven to 400°F, prepare pans. In a large bowl, stir together flour, sugar, cornmeal, cocoa, baking soda and salt. In another bowl, stir together buttermilk, butter, egg and molasses until blended. Add dry mix to wet mix until just combined. Stir in raisins. Spoon into pans and bake for 15-20 minutes or until done. Makes 9 muffins. These freeze well.

### PUMPKIN MUFFINS

1½ C self raising flour  
½ C (firm) brown sugar  
½ C milk  
¼ t spice  
½ C sultanas  
¼ t nutmeg  
½ C pureed pumpkin  
½ t salt  
¼ C oil

Sift flour, salt, nutmeg, spice and stir in sugar. Add sultanas. Beat egg in separate bowl, add oil, pumpkin, milk and mix well. Add dry ingredients to wet mix and mix with the MINIMUM amount of stirs (over stirring will produce pointy peaked muffins). ¾ fill muffin pan (grease if not using non-stick pan) and bake 375°F for 18-20 minutes.

### PUMPKIN AND CHOCOLATE CHIP MUFFINS

1 cup fancy sliced almonds  
1 tsp garam masala  
1 cup cooked mashed pumpkin  
1/4 tsp salt  
2 eggs  
1 cup chocolate chips  
1.3/4 cups flour  
1/4 tsp baking powder  
1 tsp baking soda  
1 cup sugar  
150g butter  
1 tsp allspice

Put almonds on to an oven tray and bake at 180 deg Celsius for about 5 mins or until lightly browned (this step may also be done in a microwave). Sift flour, allspice, garam masala, baking powder, baking soda and salt together, stir in sugar. In a separate bowl beat the eggs, melt the butter and add with pumpkin to eggs. Beat, stir in almonds and chocolate chips. Quickly fold in dry ingredients. 3/4 fill greased muffin pans and bake 180deg Celsius for 20 mins or until well risen. Makes 12.

### PUMPKIN AND HONEY MUFFINS

½ C margarine  
¼ C honey  
½ C yoghurt  
1 t lemon rind  
Topping - ½ C chopped pecans  
1 T margarine  
½ C sugar  
2 eggs  
1½ C pumpkin puree\*  
2½ C self-raising flour  
1 t mixed spice  
2 T sugar

Preheat oven to 350°F, prepare pans. Blend the margarine, sugar and honey. Beat in the eggs, yoghurt, pumpkin and rind. Fold in the flour until just combined. Spoon into pans and place a little of the topping on each muffin, press down very slightly. Bake for 20-25 minutes taking care not to scorch the topping. Makes 12. \*To make 1½ C puree, cook a little less than a pound of pumpkin in ⅓ C of water, then puree.

Variations: Pumpkin, Honey and Rosemary: Add 2-3 T of chopped fresh rosemary to the wet mix. Do not use the topping.

## PUMPKIN AND POPPYSEED MUFFINS

½ C cooked, mashed pumpkin  
4½ oz butter  
1 egg  
2 C self-raising flour

½ C milk  
¾ C raw sugar  
⅓ C poppy seeds

Reheat oven to 375°F, prepare pans. Cream butter and ½ C sugar, add egg and beat until light and creamy. Add milk then fold in pumpkin, poppy seeds then flour. Spoon into pans and sprinkle each muffin with the remaining sugar. Bake for 25 minutes. Makes 12. Add some spice to the dry mix for variety (try nutmeg, cinnamon, or pumpkin-pie spice).

## REFRIGERATOR MUFFINS

2 C boiling water  
1 C oil  
4 eggs  
4 C plain low fat yoghurt or buttermilk  
2 C plain flour  
4 t baking soda

2 C rolled oats  
2 C brown sugar  
2 C mixed dried fruits  
3 C wholemeal flour  
4 C All-bran or flaky bran

Combine the rolled oats and boiling water in a bowl and allow cooling. Thoroughly combine the oil, sugar, eggs and yoghurt and stir in the mixed fruits. Add to the soaked oats. Combine the dry mix and then thoroughly mix into the wet mix. Keep this batter in a sealed container in the fridge for up to 6 weeks. Gently mix before placing into prepared pans to bake. Makes 40-50 muffins. Bake at 400°F for 20-25 minutes for 12 muffins. Microwave: 6 muffins in microwave pans for 5 minutes on High.

## RHUBARB MUFFINS

2 eggs  
¾ C sugar  
1 t vanilla  
½ t cinnamon  
4 C self-raising flour

¼ C oil  
2 C milk  
½ C yoghurt or sour cream  
2 C finely chopped fresh rhubarb  
½ t baking soda

Topping - equal amounts of cinnamon and sugar mixed

Preheat oven to 400°F, prepare pans. Blend all the wet mix ingredients well, lastly adding the rhubarb. Fold in the previously combined dry mix. Spoon into pans, sprinkle with topping and bake for 25 minutes. Makes 18. A moist, delicious muffin.

## SOUR CREAM MUFFINS

1 egg  
¼ C milk  
1½ C flour  
1 t baking powder  
1 t nutmeg

1 C sour cream  
½ C raisins (if desired)  
2 T sugar  
½ t baking soda  
1 t salt

Preheat oven to 375°F, prepare pans. Beat egg, stir in sour cream and milk. Combine dry ingredients except raisins and add to wet mix. Fold in raisins, spoon into pans and bake for 15-20 minutes. Makes 8-9 large muffins.

## SMARTY PARTY MUFFINS

½ C margarine  
2 eggs  
1 C smarties (M&M's)

½ C sugar  
1 C milk  
2½ C self-raising flour

Preheat oven to 400°F. It is best to use C cake size pans for these muffins, line with paper cases. Thoroughly blend the margarine and sugar and beat in the eggs and milk. Quickly mix in the smarties and then gently fold in the flour. Place in paper cases. Put an extra smartie or two on top of each muffin before baking, to make them look more colourful. Makes 36. Bake for 20 minutes.

Comment: Surprisingly, the cooked smarties inside these little muffins become soft and creamy. They make a wonderful party treat for the children.

## STRAWBERRY BUTTERFLY MUFFINS

1¾ C wholemeal flour  
2 lightly beaten eggs  
⅔ C milk  
2 T shredded coconut

½ C castor sugar  
2 oz butter melted  
⅓ C strawberry yoghurt

Preheat oven to 425°F, prepare pans. Combine flour and sugar. Mix eggs, butter and milk. Add dry mix to wet mix until just combined. Spoon into pans and bake for about 20 minutes or until cooked when tested. Turn onto wire racks to cool. Slice the top off each muffin, cut tops into halves. Drop 1 t of yoghurt on the centre of each muffin, push straight edge of 2 top pieces into yoghurt, sprinkle with coconut. Makes 16 muffins. Recipe courtesy of the Australian Women's Weekly.

## STRAWBERRY COCONUT MUFFINS

½ C sugar  
¼ C water  
1 beaten egg  
2 t baking powder  
½ C coconut  
1 C low-fat milk

¼ C butter  
1½ C flour  
1 C wholemeal flour  
1 C frozen strawberries, diced  
1 t vanilla essence

Preheat oven to 400°F, prepare pans. Gently heat together the sugar, butter and water until the sugar dissolves, set aside to cool. Combine flour, baking powder, strawberries and coconut. Mix together the vanilla, egg and milk, then add to the flour mixture. Finally pour in the butter syrup and mix until just combined. Spoon into pans and bake for 15-20 minutes. Serve hot or cold with custard, yoghurt or ice-cream. Any berry-fruit may be used in this recipe. If using fresh berries add them at the end to avoid damaging the fruit. Makes 12. Nutritional Value: Energy - 203 calories per muffin.

## STRAWBERRY LEMON STREUSEL MUFFINS

1½ C flour  
2 t baking powder  
¼ t salt  
½ C melted butter or margarine  
1½ C fresh strawberries quartered  
Lemon Glaze and Lemon Streusel Topping (recipes follow)

½ C sugar  
1 t cinnamon  
½ C milk  
1 egg  
1 t grated lemon peel

Preheat oven to 375°F, prepare pans. Prepare Lemon Streusel Topping and set aside. In bowl, combine flour, sugar, baking powder, cinnamon and salt. In another bowl combine milk, butter and egg. Stir dry mix into wet mix until just combined. Fold in strawberries and lemon peel. Spoon into pans. Sprinkle with Lemon Streusel Topping and bake for 20-25 minutes or until done. Remove from pans, prepare Lemon Glaze and drizzle over warm muffins. Makes 12. Lemon Streusel Topping: In medium bowl, combine ½ C chopped pecans, ½ C brown sugar, ¼ C flour, 1 t cinnamon and 1 t grated lemon peel. Add 2 T melted butter or margarine, stir until mixture is crumbly. Lemon Glaze: In small bowl, combine ½ C icing sugar and 1 T fresh lemon juice, stir until smooth.

## STRAWBERRY SPECIAL MUFFINS

½ C margarine  
2 eggs  
grated rind and juice 1 large lemon  
1 punnet chopped fresh strawberries (about 1½ C)  
Topping - equal parts of cinnamon or garam masala and sugar

½ C sugar  
1 C strawberry yoghurt  
2½ C self-raising flour

Preheat oven to 350°F, prepare pans. Blend the margarine and sugar and beat in the eggs and yoghurt. Fold in the chopped strawberries, lemon juice and rind and very carefully fold in the flour to avoid squashing the fruit. Spoon into pans, sprinkle with topping if desired and bake for 20-25 minutes.

Variations: Any fresh berry fruit may be substituted for the strawberries (raspberries, blackberries, boysenberries, loganberries, marionberries, cranberries, blackcurrants, elderberries or blueberries).

## STRAWBERRY SURPRISE MUFFINS

$\frac{1}{3}$  C melted butter or margarine  
2 eggs  
2 t baking powder  
 $1\frac{1}{4}$  C flour

1 C yoghurt  
 $\frac{1}{2}$  C sugar  
 $\frac{2}{3}$  C oat bran  
 $\frac{1}{4}$  C sliced almonds

Surprise:  $\frac{1}{2}$  C strawberry jam

Preheat oven to 400°F, prepare pans. Combine wet mix ingredients and mix well. Add the dry mix to the wet mix until just combined. Spoon half of the batter into each pan, put a little strawberry jam into the centre of each muffin and top off with remaining batter. Scatter a few extra sliced almonds on top if desired and bake for 15-20 minutes. Makes 12.

## SWEET POTATO MUFFINS (OR YAMS)

$1\frac{3}{4}$  C all-purpose flour  
2 t baking powder  
1 t ground cinnamon  
 $\frac{3}{4}$  C mashed baked sweet potato or yam cooled  
2 lightly beaten eggs  
2 T water  
1 t vanilla

$\frac{1}{3}$  C sugar  
 $\frac{1}{2}$  t salt  
 $\frac{1}{8}$  t ground nutmeg  
 $\frac{3}{4}$  C pure maple syrup  
 $\frac{1}{4}$  C vegetable oil  
 $\frac{1}{2}$  C raisins  
 $\frac{1}{2}$  C chopped walnuts

$\frac{1}{4}$  C lightly salted butter or margarine, melted and cooled

Preheat oven to 400°F, prepare pans. In a large bowl, stir together flour, sugar, baking powder, salt, cinnamon and nutmeg. In another bowl, stir together sweet potato, maple syrup, eggs, butter, oil, water and vanilla until blended. Stir dry mix into wet mix until just combined, stir in walnuts and raisins. Spoon into pans and bake 20-25 minutes or until done. Cool 5 minutes before removing from pans. Makes 12. These muffins freeze very well.

## TANGELO AND POPPYSEED MUFFINS

$\frac{1}{2}$  C margarine  
2 beaten eggs  
 $\frac{1}{2}$  C low-fat milk or yoghurt  
 $\frac{1}{2}$  C tangelo juice  
2 t baking powder

$\frac{1}{2}$  C sugar  
2 T poppyseeds  
1 T grated tangelo rind  
2 C flour

Preheat oven to 400°F, prepare pans. Blend the margarine and sugar together and beat in the eggs, milk or yoghurt, tangelo rind and juice, and poppyseeds. Mix dry ingredients and add to wet mix until just combined. Spoon into pans and bake for 20 minutes. Makes 12. Nutritional Value: 197 calories per muffin. Mandarins, Tangerines or Oranges may be used instead.

## TAFFY APPLE MUFFINS

2 C flour  
1 T baking powder  
 $\frac{1}{4}$  t ground nutmeg  
 $\frac{1}{4}$  C butter or margarine melted  
1 t vanilla  
 $\frac{1}{2}$  C honey  
 $\frac{3}{4}$  C finely chopped walnuts

$\frac{1}{2}$  C granulated sugar  
 $\frac{1}{2}$  t salt  
 $\frac{1}{2}$  C milk  
2 eggs  
1 C chopped apple  
 $\frac{1}{2}$  C brown sugar

Preheat oven to 400°F, prepare miniature muffin pans. In bowl combine flour, sugar, baking powder, salt and nutmeg. In another bowl, combine milk, butter, eggs and vanilla until blended. Stir dry mix into wet mix until just moistened. Fold in apple. Spoon into pans and bake 10-12 minutes or until lightly browned.

Meanwhile in saucepan, heat honey and brown sugar to a boil stirring to dissolve sugar. Dip warm muffins into hot glaze, then into chopped nuts. Spear with popsicle sticks or wooden skewers, if desired. Makes 36 minis.

## TRAMPER'S MUFFINS

¼ C oil  
1 egg  
¼ C chopped nuts  
¼ C chocolate chips  
¼ C sugar  
¼ C flour

1 C yoghurt  
¼ C shredded coconut  
¼ C raisins  
¼ C chopped dried apricots  
1 C bran  
1½ t baking powder

Preheat oven to 400°F, prepare pans. Blend wet mix ingredients and mix well. Add dry mix until just blended. Spoon into pans and bake for 15-20 minutes. Makes 12 muffins.

## TWO TONE MUFFINS

2 C flour  
1 T baking powder  
1 beaten egg  
¾ C orange juice  
⅓ C vegetable oil

½ C sugar  
1 t salt  
¾ C roasted diced almonds  
¼ C cocoa powder  
1 t grated orange peel

Preheat oven to 400°F, prepare pans. Combine flour, sugar, baking powder and salt. Stir in almonds, reserving some for garnish. In small bowl, combine orange juice, oil and egg. Add dry mix to wet mix until just combined. Transfer ½ of the batter into another bowl and stir in cocoa. Stir orange peel into remaining ½ of batter. Carefully spoon orange batter into one side of each cup. Spoon cocoa batter into other side. Sprinkle tops with almonds. Bake 20 minutes or until done. Serve warm. Makes 12 muffins. Note, chocolate mix may need to be wetted with juice to be comparable with orange mix.

## VANILLA MUFFINS

2 C sugar  
4 C all-purpose flour  
2 C milk  
1 T vanilla extract

4 eggs, beaten  
1 T baking powder  
¼ C butter, melted

Combine sugar and eggs in bowl #1; beat. Combine flour and baking powder in bowl #2 Alternate adding some of flour mixture and some of the milk to bowl #1, mixing after each, and beginning and ending with the flour mixture. Add butter and vanilla. Spoon into muffin pan (I grease it). Bake at 400°F for about 20 minutes.

## ZUCCHINI MUFFINS

2 eggs  
⅔ C raisins  
½ C melted margarine or butter  
½ t baking powder  
1½ C flour

⅔ C grated carrots  
½ t vanilla  
¼ t allspice (or pumpkin pie spice)  
1 t ground coriander  
⅔ C grated yellow zucchini (courgette)

Preheat oven to 375°F, prepare pans. Mix the first seven ingredients in a bowl. Add the remaining ingredients and blend until just mixed. Spoon into pans and bake for 20-25 minutes. Makes 12.



# MICROWAVE MUFFINS

## BACON AND CHEESE MUFFINS

2 rashers rindless bacon  
½ C bran flakes  
⅛ C melted butter  
½ t salt  
½ C milk, approx

1¼ C self raising flour  
1 large egg beaten  
½ C tasty cheese  
¼ t each mustard and pepper

Cut bacon into a bowl and add the bran, cheese, salt, mustard and pepper. Stir well and make a hole in the centre to add the egg and cooled butter. Gently add enough milk to produce a soft scone texture then spoon mixture into ungreased muffin pans and scatter bacon pieces on top. Microwave on high for 3½ - 4 mins, allow to stand about ½ a minute before removing to rack.

Variations: Replace cheese with corn kernels or green peas. Use tomato juice instead of milk.

## BANANA MUFFINS

¼ C wheatgerm  
½ t baking powder  
½ t salt  
½ C brown sugar  
1 t cinnamon  
¾ C rolled oats  
½ C sultanas

½ C wholemeal flour  
½ t baking soda  
1 egg  
½ C mashed banana  
¼ t nutmeg  
½ C melted butter

Mix together wheatgerm, flour, baking powder, baking soda, salt, spices, sugar and oats. Add butter, egg, banana and mix well. Line muffin dish with paper C and fill with mixture. Elevate and cook for 3 mins on high for 6 muffins and 2½ mins for 5 muffins. Repeat process with remaining mixture. Makes 12.

## BRAN MUFFINS - 1

1 C flour  
2½ t baking powder  
1 C bran  
¼ C golden syrup  
½ to ¾ C milk

¼ t salt  
1 T sugar  
¼ C sultanas  
1 T butter  
1 egg

Sift flour, salt, baking powder; add sugar, bran and sultanas. In microwave warm syrup, milk and butter for 5-10 secs or until butter has melted. Cool. Beat egg lightly. Make a well in centre of dry ingredients and pour in the milk and egg. Do not over mix. Spoon mixture into paper patty cases ¾ fill. Arrange on a plate, allowing 1 cm between each. Cook one plate at a time. Microwave on full power for about 5 mins or 3 mins for 7. Turn plate once during this time (if you don't have a revolving turntable). Makes 24.

## BRAN MUFFINS - 2

½ C water  
50g (1¾ oz) butter  
½ C brown sugar  
1¼ C flour  
¼ t salt

1¼ C bran  
1 egg  
¾ C plain yoghurt  
1¼ t baking soda  
½ C chopped raisins

Place water in a suitable microwave bowl. Heat until boiling (about 1 minute). Add bran and butter and stir until butter is melted and bran softened. Beat in sugar and egg. Blend in remaining ingredients. Spoon into double paper patty cases or paper lined muffin cups. The batter for this recipe may be kept in a covered bowl in the refrigerator for about 4 weeks. To cook, allow 30 seconds on high per muffin (dough at room temperature) or 45 seconds per muffin (refrigerated dough). Tested in a 600-700 watt oven, for 500 watt oven allow 15 seconds extra for every minute of cooking.



## FRUIT MUFFINS

¼ C wheatgerm	½ C flour
½ C brown sugar	½ t each of nutmeg and cinnamon
½ t baking soda and baking powder	¾ C rolled oats
½ C melted butter	1 beaten egg
½ C apple puree, stewed peaches or similar (canned baby food is ideal)	

Combine all dry ingredients, then butter, egg and fruit. Do not over mix. ¾ fill lined muffin trays. Cook on high for 3 mins (6 muffins) or until set and dry on top. Makes 9 muffins. (Cook 1 minute. 30 sec to 1 minute. 50 sec for 3 muffins). Wholemeal flour may be used instead of white. Bran flakes instead of wheatgerm. ½ C dried fruit may also be added. Larger quantities of the dry ingredients can be pre-mixed and kept in an airtight container, or freezer, for using later. (Use 2 C of dry ingredients for each batch).

## PUMPKIN MUFFINS

1 C cooked pumpkin or squash	½ small chopped onion
1 T melted butter	1 beaten egg
¼ C grated cheese	¼ t salt
¼ t curry powder	

Mash the pumpkin well, then add onion, butter, egg, cheese, salt and curry. Stir to combine, spoon into lined muffin tray. Cook on high for 3-5 mins, or until set. Stand for 2 mins, remove papers before serving. Makes 4-5 muffins. Tested in a 650 watt oven.

## HEALTHY MUFFINS

### APPLE AND CHOCOLATE MUFFINS - GLUTEN FREE

½ C margarine	½ C sugar
¼ C cocoa	2 eggs
1½ C apple puree	½ C chocolate chips
1 C soy flour or cornflour	1 C rice flour
1½ t wheat free baking powder OR	1 t baking soda and ½ t cream of tartar

Preheat oven to 300°F, prepare pans. Cream the margarine and sugar then blend in the cocoa. Beat in the apple puree, chocolate and eggs. Combine the dry ingredients then carefully mix them into the wet ingredients. Spoon into pans and bake for 30 mins. Makes 8-10 muffins.

Variations:

Banana-Choc: Replace the apple puree with 1½ C mashed bananas.

Coconut and Apple-Choc: Add 1 C of desiccated coconut to the wet mix.

Fruity Apple-Choc: Add 1 C of any desired dried fruits to the mixture.

Jaffa-Choc: Substitute the apple puree with 1¼ C of orange juice and 1 T finely grated orange rind. Add 1 C of desiccated coconut.

Nutty Apple-Choc: Add ½ C chopped walnuts/pecans to the wet mix.

### APPLE AND HONEY (GLUTEN AND DAIRY FREE)

½ C vegetable oil	½ C honey
¼ C water	1 C diced cooked apple
1 C sultanas	1 C soy flour
1 C rice flour	1 t baking soda
½ t cream of tartar	1 t cinnamon

Preheat oven to 320°F, prepare pans. Combine the oil, honey and water and stir in the sultanas and apple. Mix the previously mixed dry ingredients into the wet mix. Spoon into pans and begin cooking without delay, bake for 25-30 mins. Makes 10 muffins.

Variations:

Wheat Free: replace the flours with 2 C rye flour. Any desired nuts and dried fruits may be added to this mixture. One C addition is sufficient. Suggestions are walnuts, almonds, sunflower seeds, with raisins or dates and/or dried apricots. Chopped dried figs with fresh orange peel is tasty.

### BANANA SULTANA MUFFINS

½ C sultanas	¼ C apple or orange juice
½ C low-fat buttermilk	2 egg whites
1 T vegetable oil	3 T honey
1½ C unbleached white flour	⅓ C stone-ground white cornmeal
2 t baking powder	1 t baking soda
¼ C brown sugar	½ t ground ginger
¼ t ground cardamom	2 ripe bananas, diced

Preheat oven to 375°F. Bowl 1: combine sultanas and juice, let stand for 5 minutes. Add buttermilk, egg whites, oil, and honey. Whisk until smooth. Bowl 2: sift flour, cornmeal, baking powder, baking soda. Add brown sugar and spices, whisk until mixed then add bananas and toss lightly. Combine wet and dry ingredients and stir 'just to mix' pour into prepared muffin tin, bake for ~25 minutes. Makes 12 muffins. 160 calories and 2 grams fat.

## **BIRDSEED MUFFINS**

1 C flour  
¼ C sesame seeds  
¼ C sunflower seeds  
2½ t baking powder  
¼ C honey  
½ t cloves  
1 C low-fat milk

1 C wholemeal flour  
1 T poppy seeds  
½ C pumpkin seeds  
¼ C butter  
1 T golden syrup  
2 beaten eggs

Preheat oven to 350°F, prepare pans. Melt the butter with the honey, golden syrup and cloves until the mixture dissolves; set aside to cool. Mix the flours, seeds and baking powder together. Add the dry mix to the wet mix until just combined. Spoon into pans and bake for 20 mins. Sprinkle tops with sesame or poppy seeds if desired. This is a super-healthy muffin. Makes 12. Nutritional Value: Energy - 140 calories per muffin.

## **BLUEBERRY MUFFINS - FAT-FREE**

2 C fresh or frozen blueberries  
¾ C oat flour (see note below)  
½ t salt  
¾ C packed brown sugar  
¾ C plain yoghurt  
2 T all-purpose flour

1¼ C cake flour  
1½ t baking powder  
½ t cinnamon  
2 egg whites  
½ C apple sauce

Preheat oven to 375°F. Wash, or thaw, then drain blueberries. Bowl 1: combine dry ingredients, spices, and brown sugar (break lumps). Bowl 2: combine egg whites, yogurt, apple sauce, and mix. Add wet mixture to flour mixture, stir until moistened. Bowl 3: toss blueberries lightly with 2 T flour (helps keep them from sinking to the bottom). Add blueberries to mixture, don't over mix pour into prepared muffin tin, bake for ~20-25 minutes. Note: to make oat flour, place about 1 C rolled oats into a food processor and pulse until finely ground. Makes 12 muffins. 152 calories; 0.4 grams fat.

## **CARROT, COCONUT, AND RAISIN MUFFINS (SUGAR FREE)**

2 eggs  
3 T oil  
1 C raisins  
3 T sunflower seeds  
1½ C coconut  
1 C rye flour

1 C soy milk  
1 C grated carrot  
2 T sesame seeds  
1 t mixed spice  
1 C wholemeal flour  
3 t baking powder

Reheat oven to 375°F, prepare pans. Put the first nine ingredients into a bowl and mix well. Add the flours and baking powder and blend until just mixed. Spoon into pans and bake for 15-20 mins. Makes 15 muffins. Note: This is THE muffin for the health conscious.

## **CHEESE MUFFINS (GLUTEN FREE)**

2½ C gluten free bread mix  
pinch salt

1½ C cold water  
½ C grated cheese

Mix together quickly and thoroughly, and then ¾ fill greased muffin pans and bake at 450°F for about 15 mins.

## **CHICK PEA MUFFINS (GLUTEN FREE)**

2 eggs  
½ C pumpkin puree\*  
1 T chopped chives  
s and p  
1½ C chick pea flour

½ C grated cheddar cheese  
½ C diced onion  
1 t sugar  
½ to 1 t curry powder (optional)  
3 t wheat free baking powder

Preheat oven to 400°F, prepare pans. Blend the wet mix ingredients together in a bowl. Quickly but thoroughly mix in the dry ingredients, spoon into pans and begin baking immediately. Bake for 25-30 mins. Makes 12 muffins.

Variations:

Chick Pea with Green Peas: Add ½ to 1 C of cooked green peas to the wet mix.

Chick Pea with Seeds: Add ¼ C sunflower and ¼ C sesame seeds to the wet mix.

\* To make ½ C pumpkin puree, cook 1 lb pumpkin in ⅓ C of water.

## CORNMEAL AND WHOLEMEAL MUFFINS

2 eggs  
1 T honey  
1 t baking powder  
1 C fine cornmeal  
2 C yoghurt  
1 T oil  
½ C wholemeal flour  
1 C coarse cornmeal

Preheat oven to 375°F, prepare pans. Put the first four ingredients into a bowl and mix well. Add the remaining pre-mixed ingredients and blend until just combined. Spoon into pans and bake for 15-20 mins. Makes 12. A hearty, healthy muffin!

## DRIED FRUIT MUFFINS (GLUTEN FREE)

2 C mixed dried fruits (as desired)  
1½ C apple puree  
3 t mixed spice  
1 C rice flour  
1 C water  
grated rind of 1 orange or lemon  
1½ C soy flour  
3 t wheat free baking powder

Preheat oven to 300°F, prepare pans. Warm the mixed fruit in the water or pre-soak to plump it. Add and mix in the apple puree and citrus rind. Mix in the dry ingredients, this mixture can be well mixed without fear of toughening the crumb. Spoon into pans and bake for 35-40 mins. Makes 12 muffins. Gluten free baking poses several problems for the cook. The products tend to be heavy and crumbly and lack flavour. Adding extra binding agents like eggs and cheese will help, and adding extra flavour with nuts, dried fruits, juices, spices and herbs will give a happy result. Use only soy, rice, potato, corn, chick pea and buckwheat flours.

## FRUIT MUFFINS (GLUTEN FREE)

1 C buckwheat flour  
1 t mixed spice  
1 t baking soda  
1 C rice flour  
2 t cream of tartar  
2 T brown sugar  
1 egg  
1½ C milk  
¾ C mixed fruit

Into a bowl mix flours, sugar, spice, c of t and baking soda. Mix milk and egg and add fruit, add dry ingredients and mix until just combined. ¾ fill greased muffin pans and bake 350°F for 10-15 mins.

## HEALTHY HEART MUFFINS

3 egg whites  
1 C low-fat yoghurt  
2 C wholemeal flour  
½ C oat bran  
2 t cinnamon  
½ C chopped apricots  
¾ C low-fat milk  
¾ C apple sauce  
½ C rolled oats  
3 t baking powder  
½ C raisins

Preheat oven to 350°F, prepare pans. Beat the egg whites lightly then add milk, yoghurt and apple sauce. Combine flour, rolled oats, bran, baking powder, cinnamon, raisins and apricots. Add the dry mix to the wet mix until just combined. Spoon into pans and bake for 20 mins. Makes 12 muffins. Nutritional Value: Energy - 156 calories per muffin

## HIGH-FIBRE MUFFINS

4 egg whites  
½ C plain low-fat yoghurt  
2 grated apples  
½ C currants  
3 t baking powder  
1½ C wholemeal flour  
½ C oat bran  
1 t cinnamon  
1 C skim milk  
¼ C fruit juice  
rind and juice of 1 lemon  
½ C chopped prunes  
½ C sultanas  
1 C rolled oats  
½ C baking bran  
½ t allspice

Preheat oven to 350°F, prepare pans. Lightly beat the egg whites, add milk, yoghurt and fruit juice. Pour the lemon juice over the grated apple to prevent browning. Add the lemon rind and all the fruit to the wet mix, combine well. Mix together the flour, rolled oats, brans, baking powder and spices. Add the dry mix to the wet mix until just combined. Spoon into pans and bake for 25 mins. Makes 12 muffins. Nutritional Value: Energy - 180 calories per muffin

### **OAT-BRAN MUFFINS - LOW-CHOLESTEROL**

2 C low-fat yoghurt	3 T oil
3 egg whites	½ C sugar
2 C rolled oats	1 C oat bran
1½ C flour	2½ T baking powder
2 t cinnamon	

Preheat oven to 375°F, prepare pans. Combine wet mix ingredients and mix well. Add the dry mix to the wet mix until just combined. Spoon into pans and bake for 20-25 mins. Makes 20 muffins.

### **OAT-BRAN MUFFINS - EVEN LOWER CHOLESTEROL**

1½ C low-fat milk	2 T oil
2 egg whites	2 mashed bananas
2½ C oat bran	1 T baking powder
½ C chopped walnuts	½ C brown sugar

Preheat oven to 350°F, prepare pans. Combine wet mix ingredients and mix well. Add the dry mix to the wet mix until just combined. Spoon into pans and bake for 15-20 mins. Makes 12.

### **ONION CHEESE MUFFINS (DIABETIC)**

½ C chopped onion	1 beaten egg
1½ C self-raising flour	pinch salt
1 T poppy seeds	1 T butter
½ C milk	1 T butter extra
1 C grated cheese	2 T melted butter

Cook onions in T butter until tender and lightly browned. Combine egg and milk. Sift flour and salt and rub in other T of butter. Stir the liquid into dry ingredients, making a light scone dough. Add onions and half the grated cheese. Divide dough into equal parts and knead each into a round. Place in greased muffin pans and sprinkle with other half of cheese and poppy seeds. Drizzle the melted butter on tops. Bake 430°F for 15 mins until golden brown. Makes 12 muffins. 1 muffin = 1 carbohydrate portion.

### **ORANGE APPLE SAUCE MUFFINS**

2 C flour	1½ t baking powder
½ t baking soda	½ t ground cinnamon
¼ t salt	1 egg
1 C unsweetened apple sauce	1 t orange zest
½ C orange juice	3 T cooking (vegetable) oil

Preheat oven to 400°F. Bowl 1: combine dry ingredients and spices. Bowl 2: beat egg, add apple sauce, orange zest, orange juice, and oil. Add wet mixture to flour mixture, stir until moistened. Pour into prepared muffin tin, bake for ~20 minutes. Makes 12 muffins. 122 calories, 18 grams carbohydrate, 3 grams protein, 127 mg sodium, 18 mg cholesterol.

### **PEACH GINGERBREAD MUFFINS**

2 C flour	2 t baking powder
1 t ginger	½ t cinnamon
¼ t ground cloves	½ t salt
2 T cooking (vegetable) oil	½ C apple sauce
½ C sugar	¼ C egg substitute (or 2 egg whites)
¼ C apple juice	1 16 oz can peaches

Preheat oven to 400°F. Drain peaches and chop. Bowl 1: combine dry ingredients and spices. Bowl 2: combine oil, apple sauce, sugar, molasses, mix then add egg and apple juice and peaches. Add wet mixture to flour mixture, stir until moistened pour into prepared muffin tin, and bake for ~20 minutes. Makes 12 muffins (170 calories, 2.97 grams fat).

## **PRITIKIN MUFFINS**

4 eggs whites	$\frac{3}{4}$ C skim milk
$\frac{1}{2}$ C non fat yoghurt	$\frac{1}{4}$ C apple juice concentrate
2 apples peeled and chopped	grated rind of 1 lemon
1 C drained morello cherries	$\frac{1}{2}$ C sultanas
$1\frac{1}{2}$ C wholemeal flour	1 C rolled oats
1 C oat bran	3 t baking powder
$1\frac{1}{2}$ t cinnamon	

Preheat oven 350°F and prepare pans. Thoroughly beat together the egg whites, milk, yoghurt and apple juice, then mix in the apples, rind, cherries and sultanas. Combine the dry mix and then fold into the wet mix. Spoon into pans and bake for 25-30 mins. Makes 12.

## **PUMPKIN MUFFINS - FAT FREE**

$\frac{1}{2}$ C prune puree	$\frac{2}{3}$ C packed brown sugar
$\frac{1}{3}$ C molasses	1 C canned pumpkin puree
$\frac{1}{4}$ C egg substitute or 2 egg whites	$1\frac{1}{4}$ C flour
$\frac{1}{2}$ C cornmeal	$1\frac{1}{2}$ t cinnamon
1 t nutmeg	1 t baking soda
$\frac{1}{2}$ t salt	

Preheat oven to 400°F. Bowl 1: mix prune puree, sugar, molasses, pumpkin and egg. Bowl 2: mix remaining ingredients. Combine and stir to blend. Pour into prepared muffin tin, bake for ~20-25 minutes. Makes 10 muffins. 204 calories and 0.7 grams fat.

## **RICE AND MILLET MUFFINS (GLUTEN AND SUGAR FREE)**

1 C millet flour	2 t cream of tartar
$\frac{1}{2}$ t salt	1 egg
$\frac{3}{4}$ C rice flour	1 t baking soda
1 C milk	

Mix flours, baking soda, cream of tartar and salt in a bowl. Mix egg and milk then add dry ingredients.  $\frac{3}{4}$  fill greased muffin pans and bake 350°F for about 25 mins.

## **RYE, PUMPKIN AND DATE MUFFINS (WHEAT FREE)**

$\frac{1}{4}$ C margarine	$\frac{1}{2}$ C sugar or treacle (molasses)
3 eggs	$\frac{1}{2}$ C yoghurt
1 C pumpkin puree*	1 C chopped dates
2 t mixed spice (or pumpkin pie spice)	$2\frac{1}{2}$ C rye flour
4 t wheat free baking powder or 1 t baking soda	

Preheat oven to 350°F, prepare pans. Thoroughly combine the wet mix ingredients except the dates. Fold in the combined dry mix, add the dates and spoon into pans. Bake as soon as possible, for 25-30 mins. Makes 12. \* To make  $1\frac{1}{2}$  C pumpkin puree, cook 1 lb pumpkin in  $\frac{1}{3}$  C of water.

Variations:

Rye, Apricot and Almond: Omit the dates and add 1 C chopped dried apricots and  $\frac{1}{2}$  C sliced almonds.

Rye and Sultanas: Omit the dates and add 1 C of sultanas.

## **SPICY BANANA MUFFINS**

1 C brown rice flour	$\frac{1}{3}$ C soya flour
2 t baking powder	$\frac{1}{2}$ t mixed spice
$\frac{1}{2}$ t ground cinnamon	1 C unprocessed rice bran
$\frac{1}{3}$ C brown sugar	1 C mashed banana
$\frac{1}{2}$ C sultanas	1 C soy milk
$\frac{1}{2}$ C chopped dried apricots	2 oz dairy-free melted margarine

Prepare oven to 420°F, prepare pans. Sift flours, baking powder and spices into bowl, add remaining ingredients; stir until just combined. Spoon into pans and bake for about 35 mins or until cooked. Dust with sifted icing sugar if desired. Makes 12 muffins.

## SAVOURY MUFFINS

### BACON MUFFINS

6 rashers bacon  
3 t baking powder  
¼ t salt  
1 C milk  
½ C grated cheese

2 C sifted flour  
1 T sugar  
1 beaten egg  
2 T bacon fat OR melted butter

Preheat oven to 400°F, prepare pans. Fry the bacon until crisp, drain and reserve the bacon fat, chop bacon. Stir together the flour, baking powder, sugar, salt and cheese. Mix the egg, milk and bacon fat or butter. Add the dry mix along with the bacon to the wet mix until just combined. Mixture will be somewhat lumpy. Spoon into muffin cups and bake for about 25 mins or until done. Makes 15 medium or 12 large muffins.

### BACON AND HERB MUFFINS

6 chopped bacon rashers  
⅔ C brown rice flour  
1 T baking powder  
¼ C chopped fresh basil  
3 oz melted dairy-free margarine

1 C buckwheat flour  
¾ C rice wholegrain flakes  
1 C soy milk  
¼ C chopped fresh chives

Preheat oven to 420°F, prepare pans. Cook bacon in pan, stirring, until crisp; drain on absorbent paper. Combine bacon with sifted flours and remaining ingredients in bowl; mix well. Spoon into pans and bake for 20 mins or until muffins are cooked through. Makes 12.

### BELL PEPPER MUFFINS

¼ C EACH finely chopped red, yellow and green bell pepper  
2 eggs  
2 C flour  
1 C milk  
¾ t salt

¼ C butter  
2 T sugar  
1 T baking powder  
½ t dried basil

Preheat oven to 400°F, prepare pans. In small skillet over medium-high heat, cook peppers in butter until colour is bright and pepper is tender crisp, about 3 mins. Set aside. In large bowl, combine flour, sugar, baking powder, salt and basil. In small bowl, combine milk and eggs until blended. Add dry mix together with peppers (plus butter) to wet mix. Stir until just moistened. Spoon into pans; bake for 15 mins or until golden. Makes 12 muffins.

### BLACK OLIVE AND FETA MUFFINS

1 C sliced pitted black olives  
1 t chilli sauce  
¼ C grated parmesan cheese  
¼ C vegetable oil  
3 C self-raising flour  
Topping - ½ C grated cheddar cheese  
5-6 olives cut in half

3 eggs  
1 C crumbled feta cheese  
1 C chopped onion  
1½ C milk  
1 T fresh thyme OR 1 t dried thyme  
2-3 T grated parmesan cheese

Preheat oven to 400°F, grease the pans. Thoroughly combine the wet mix ingredients in a bowl. Stir in the dry mix until all the ingredients are well combined. Place the mixture in the pans and sprinkle with topping. Bake for 25-30 mins. Makes 12. These muffins are a perfect accompaniment to Caesar or Greek salads and soups. Try them with grilled fish and salad.

Variations:

BO,F and Sundried Tomato - Add ¼ C chopped sundried tomatoes to the wet mix.

BO,F and Rosemary - Add 2 T finely chopped rosemary to the wet mix. Omit the thyme.



## BLUE CHEESE MUFFINS

3½ oz crumbled blue cheese (blue vein)  
2 eggs  
2 t horseradish sauce OR ½ t chilli sauce  
½ t salt  
½ C self-raising flour  
1 t baking powder

1 C finely sliced spring onions  
½ C milk  
2 T oil  
good dash black pepper  
1 C rye flour

Preheat oven to 400°F, grease pans. Thoroughly combine the wet mix ingredients. Add the dry mix and stir until the ingredients are just combined. Transfer the mixture to the prepared pans and bake for 20-25 mins. Makes 10-12. Serve with soups such as pumpkin, potato, zucchini or spinach.

Variations:

Wheat Free - Omit the self-raising flour and add 1½ t of baking powder and ½ C more, rye flour.  
BC, Rye and Walnut: Add ½ C chopped walnuts to the wet mix.

## CHEESE AND BACON MUFFINS

2 C flour  
3 t baking powder  
2 T sugar  
¼ C melted butter

1 C milk  
1 egg  
¾ C tasty grated cheese  
½ C crisp bacon pieces

In a large bowl place flour, baking powder, sugar and bacon. Beat egg lightly, add butter and milk. Add to dry ingredients; add cheese and mix to just combine. ¾ fill greased muffin pans and bake 400°F for 20-25 mins. Makes 12.

## CHEESE AND HAM MUFFINS

1 C milk  
2 t sugar  
3 t baking powder  
1½ C cooked rice  
1 C jarlsberg cheese, grated

2 beaten eggs  
⅓ C butter melted  
1½ C flour  
¼ C chopped ham

Preheat oven to 400°F, prepare pans. Combine milk, eggs, sugar and butter. Sift flour and baking powder into a bowl, stir in rice, cheese and ham. Add this to wet mix until just combined. Spoon into pans and bake for 30-35 mins or until firm and golden. Serve warm with butter if desired. Makes 12.

## CHUTNEY AND CHEESE MUFFINS

2 eggs  
½ C grated cheddar cheese  
½ t chilli sauce  
¾ C water  
1 t curry powder

½ C cream cheese  
½ C sweet tomato or fruit chutney  
1 small onion diced  
2 C self-raising flour

Preheat oven to 350°F, prepare pans. Blend the eggs and cream cheese in a bowl. Add the remaining wet mix ingredients and stir well. Combine the dry mix and add this to the wet mix until just combined. Spoon into pans and bake for 25-30 mins. Makes 10-12. This muffin is robust and moist, try filling it with sliced cold beef for a 'lunch box'.

## CORN AND BACON MUFFINS

4 finely chopped bacon rashers  
1 t paprika  
1 lightly beaten egg  
¼ C buttermilk  
½-⅔ C milk

2 C self-raising flour  
2 oz chopped butter  
1 t grain mustard  
4-5 oz can creamed corn  
2 T grated fresh parmesan cheese

Preheat oven to 375°F, prepare pans. Cook bacon until crisp, drain on absorbent paper. Sift flour and paprika; rub in butter until mixture resembles fine breadcrumbs. Stir in bacon. Mix egg, mustard, buttermilk, corn and ½ C milk together. Add dry mix to wet mix adding the rest of the milk if required. Spoon into pans, sprinkle with cheese, bake for about 20 mins or until done. Makes 12.

## CORN AND CHEESE MUFFINS

1 large diced onion  
3 eggs  
5 oz can corn kernels inc. juice  
pinch cayenne pepper

½ C milk  
1 C grated cheddar cheese  
2½ C self-raising flour  
Topping - ¼ C grated cheese

Preheat oven to 400°F, prepare pans. Place the wet mix ingredients in a bowl and stir well. Add the previously combined dry mix and stir until all ingredients are just combined. Spoon into pans, sprinkle with topping if desired and bake for 25-30 mins. Makes 10-12 muffins.

Variations:

CandC with Bacon or Ham: Add ½ C finely diced ham or bacon to the wet mix.

CandC with Parsley: Add ½ C freshly chopped parsley to the wet mix.

CandC with Sesame Seeds: Add ¼ C toasted sesame seeds to the wet mix and 2 T toasted sesame seeds to the topping.

## CORNBREAD MUFFINS

½ C polenta  
1 T castor sugar  
½ t ground cumin  
1 egg lightly beaten

½ C self-raising flour  
⅓ C milk  
1 T chopped fresh parsley  
¾ oz melted butter

Preheat oven to 400°F, lightly grease 4 pans. Sift polenta, flour, sugar and cumin into bowl. Stir in parsley, butter, egg and milk, stir until just combined. Spoon into pans and bake for about 25 mins or until lightly browned. Makes 4. Suitable to freeze.

## CORNMEAL MUFFINS

1 C flour  
½ t salt  
1 C cornmeal  
1 egg

1 T baking powder  
½ C white sugar  
½ C butter or margarine  
¾ C milk

Preheat oven to 375°F, prepare pans. Mix dry ingredients together and stir in cornmeal. Melt butter, add egg and milk and combine well. Add dry mix to wet mix until just combined. Spoon into pans and bake for 15-20 mins. Serve hot! Makes 8 large muffins.

Variation: Add ½ C corn niblets or ½ C crumbled cooked bacon.

## CORNMEAL HAM MUFFINS

¼ C milk  
1 C yoghurt  
1 C chopped cooked ham  
3 t dry mustard  
1 C flour

¼ C oil  
2 eggs  
2½ t baking powder  
½ C coarse cornmeal

Preheat oven to 375°F, prepare pans. Put the first five ingredients into a bowl and mix well. Mix remaining ingredients, add to wet mix until just combined. Spoon into pans and bake for 15-20 mins. Makes 12. A very nice savoury muffin.

## FONDUE CHEESE MUFFINS

1 egg  
3 T melted margarine  
1 C grated gruyere cheese  
½ t nutmeg  
2 C flour

1 C milk  
3 T kirsch  
1 clove garlic crushed  
3 t baking powder

Preheat oven to 375°F, prepare pans. Put the first 4 ingredients into a bowl and mix well. Add the remaining ingredients and blend until just mixed. Spoon into pans and bake for 15-20 mins. Makes 12 muffins.

## **GARLIC MUFFINS**

1 C milk	1 egg
3 T melted margarine	2-3 cloves crushed garlic
2 T chopped chives	1 T sugar
4 t baking powder	2 C flour

Reheat oven to 375°F, prepare pans. Put the first six ingredients into a bowl and mix well. Add the remaining ingredients and blend until just mixed. Spoon into pans and bake for 15-20 mins. Makes 12 muffins. Note: Use these muffins in place of garlic bread. Lovely with soups etc.

## **ITALIAN PIZZA MUFFINS**

12 slices spicy salami	12 olives
2 C flour (white or wholemeal)	2 t baking powder
1 t sweet basil (twice as much if using fresh)	¼ t paprika
½ C grated low fat cheese (edam)	2 beaten eggs
1 finely chopped tomato	¾ C low-fat milk
1 T olive oil	grated cheese for topping

Preheat oven to 350°F, prepare pans. Cut the salami in half. Set aside 12 halves and dice the remainder. Repeat for the olives. Mix together the flour, baking powder, basil, paprika and grated low-fat cheese. Add the diced salami, olives and tomato. Combine milk, eggs and oil then add dry ingredients mixing until just combined. Spoon into pans and place a slice of salami and an olive on top of each muffin, sprinkle with grated cheese. Bake for 15-20 mins. Makes 12.

## **JALAPENO CORN MUFFINS**

1½ C stone ground cornmeal	½ C flour
1 T sugar	2 eggs
2 t baking powder	½ t baking soda
½ t salt	1 C sour cream
1 to 2 t minced jalapeno peppers	

Preheat oven to 350°F, prepare pans. In large bowl, combine cornmeal, flour, sugar, baking powder and soda and salt. In small bowl, combine sour cream, eggs and peppers until blended. Add dry mix to wet mix until just combined. Spoon into pans and bake for 20-25 mins for regular-size muffins, 12-15 mins for mini muffins. Makes 12 regular or 36 miniature muffins. Great served with an omelette or with chilli.

## **LETTUCE MUFFINS**

1 small onion diced	2 eggs
¼ C oil	½ t salt
½ C chopped parsley	1½ - 2 C shredded lettuce
½ t chilli sauce	¼ t black pepper
1 C milk	½ C grated cheddar cheese
2½ C self-raising flour	
Topping - ½ C grated cheese mixed with 2 T sesame seeds	

Preheat the oven to 400°F, grease muffin pans. Place all the wet mix ingredients in a bowl and mix thoroughly. Add the flour and stir until well combined. Place the mixture in the pans, sprinkle with topping and bake for 25-30 mins. Remove from pans soon after cooking to prevent them sweating. Makes 12. Suitable for cholesterol free cooking (use only egg whites, non-fat milk, replace cheese with ½ T oil, leave cheese out of topping).

Variations:

Lettuce and Bacon or Ham-Add ½ C finely shredded bacon/ham to the wet mix.

Lettuce and Prawn-Add ½ C cocktail prawns to the wet mix. Omit the parsley and add 1½ t dried tarragon.

Lettuce and Mushroom-Add 1 C finely chopped fresh mushrooms to the wet mix.

## MUSHROOM MUFFINS

1 C finely chopped mushrooms  
¼ C oil  
2 T chopped parsley  
2 C self-raising flour  
2 eggs  
½ C milk  
pinch dried thyme

Preheat oven to 400°F, prepare pans. Thoroughly combine the wet mix ingredients. Add the flour until just combined. Spoon into pans and bake for 20-25 mins. Remove from pans AS SOON as they are slightly cooled to prevent sweating. Makes 10-12. A popular accompaniment at dinner to soups, beef and chicken meals or salads.

Variations:

Mushroom and Walnut: Add ½ C chopped walnuts to the wet mix. This muffin has a delicious texture.

Mushroom and Tarragon: Add 1½-2 t dried tarragon or 2 T of fresh to the wet mix.

Mushroom and Bacon: Add ½ C finely diced bacon or ham to the wet mix. this is a nice addition to the mushroom and walnut variation. Mushroom and Rye: Use 1 C self-raising and 1 C rye flour with 2 t baking powder.

## PESTO MUFFINS

½ C finely sliced spring onions=  
2 eggs  
½ C grated cheddar cheese  
1½ C self-raising flour  
¼ C oil  
⅓ C pesto sauce OR ½ C chopped fresh basil  
1 C milk  
1 C wholemeal flour

Preheat oven to 400°F, prepare pans. Thoroughly combine the wet ingredients in a bowl. Combine the dry ingredients and thoroughly but gently work this into the wet mix. Spoon into pans and bake for 20-25 mins. Makes 12 muffins.

Variations:

Pesto and Pine Nut: Add ½ C toasted pine nuts to the mixture.

Pesto and Prawn: Add ½ C frozen cocktail prawns to the mixture.

## PLANTATION HERB MUFFINS

1 C cold cooked brown rice  
2 eggs  
½ t salt  
1 C milk  
¼ t marjoram  
¼ C grated parmesan cheese  
3 T oil  
2 C flour  
4 t baking powder  
¼ t basil  
¼ t oregano

Preheat oven to 400°F, prepare pans. Combine rice, oil, eggs, milk, cheese and herbs. Sift dry ingredients and add to wet mix until just combined. Spoon into pans and bake for 20-25 mins. Makes 12 very tasty muffins.

## PROVOLONE RYE MUFFINS

1 C flour  
1½ t baking powder  
¼ t salt  
1 C buttermilk  
1 lightly beaten egg  
½ t Dijon-style mustard  
⅛ t ground black pepper  
1 C rye flour  
½ t baking soda  
1⅓ C shredded provolone cheese  
¼ C vegetable oil  
2 T treacle  
½ t Worcestershire sauce  
½ t caraway seeds (optional)

Preheat oven to 400°F, prepare pans. In a large bowl, stir together flour, baking powder and soda and salt; stir in cheese to coat. In another bowl, stir together buttermilk, oil, egg, molasses, mustard, seeds, w/sauce and pepper until blended. Add dry mix to wet mix until just combined. Spoon into pans and bake for 15-20 mins, or until done. Makes 12 muffins.

## SEAFOOD MUFFINS

1 C small shrimps (drained and coarsely chopped)	¼ C grated cheese
¼ C finely chopped celery	⅓ C sour cream
1½ C flour	1 egg
2 t baking powder	¼ t thyme
⅓ C oil	parsley
2 T sugar	½ t salt
¾ C milk	

Combine shrimps, cheese, sour cream and celery and set aside. Sift flour, sugar, baking powder, salt and thyme. Slightly beat egg with a fork, beat in milk and oil. Add dry mix to wet mix until just combined. Spoon into pans and top with about 1 T of the shrimp mixture. Bake at 375°F for about 20 mins or until done. Garnish with parsley if desired. Serve warm! For a more economical muffin, use canned salmon instead of shrimps.

## SESAME MUFFINS

2 C flour	2 t baking powder
½ t salt	⅓ C tahini
¼ C melted and cooled butter	½ C milk
½ t Oriental-style (dark) sesame oil	¾ C brown sugar
2 lightly beaten eggs	1 t vanilla
⅔ C raisins (optional)	4 T toasted sesame seeds, divided into 3 + 1

Preheat oven to 400°F, prepare pans. In a bowl, stir together flour, baking powder and salt. In another bowl, stir together tahini, butter and oil; stir in sugar, milk, eggs and vanilla until blended. Add dry mix to wet mix until just combined, stir in raisins and 3 T of sesame seeds. Spoon batter into pans, sprinkle with 1 T sesame seeds and bake 15-20 mins or until done. Makes 12 muffins. Note: To toast sesame seeds, place in small frying pan/skillet over medium heat. Cook, stirring for 3 mins, or until seeds are lightly browned. May also be toasted in a microwave, stirring often.

## SMOKED SALMON AND CHEESE MINI MUFFINS

2 C flour	4 t baking powder
1 C grated tasty cheddar cheese	2 T chopped herbs
1 egg	¼ t ground black pepper
1¾ C milk	2 T melted butter
¼ C chopped smoked salmon	

Topping: sour cream, chives or thyme, smoked salmon, cheese, chutneys

Preheat oven to 400°F, prepare mini muffin pans. In a bowl sift together flour and baking powder. Stir in the cheese, thyme and pepper. Beat together the egg, milk and melted butter. Make a well in the centre of dry ingredients and stir. Fold in the salmon. Spoon into mini pans and bake for 10-12 mins. Serve topped with your favourite topping. Makes 40-44 mini muffins. Variation: Omit the salmon and use lots of fresh herbs or ¼ C of chopped corn kernels with a little chopped ham or grilled bacon for a change. Smoked chicken may be used instead.

## SMOKED SALMON AND HERB MUFFINS

3 C flour	4 t baking powder
1 t salt	½ t sugar
3 eggs	1½ C milk
2 oz butter	2 oz smoked salmon slices
½ C chopped mixed fresh herbs (e.g., tarragon, chives, parsley, and coriander)	
Low fat sour cream	

Preheat oven to 400°F, prepare pans. Sift flour, baking powder and salt into a mixing bowl. Stir in the sugar and herbs. Beat the eggs and milk together, melt the butter. Add milk mixture and butter to the dry ingredients. Mix lightly with a fork. Spoon into pans and bake for about 12 mins or until golden and well risen. Serve warm and fill with smoked salmon and sour cream. Makes 12.

## SPRING MUFFINS

1 C natural unsweetened yoghurt  
2 T oil  
2 C flour  
1½ t baking powder  
1 C grated tasty cheese  
1 spring onion, finely chopped

1 large egg  
2 to 3 T milk  
1 t dry mustard powder  
½ t baking soda  
¼ to 1/3 C finely chopped fresh parsley  
1/3 C extra grated cheese

Preheat oven to 400°F, prepare pans. In a bowl beat together yoghurt, egg, oil and 2 T of the milk. Sift flour, mustard, baking powder and soda, stir in 1 C of grated cheese and parsley. Add dry mix to wet mix until just combined. Spoon into pans and top each with a little grated cheese. Bake for about 20 mins or until golden brown. Makes 12.

## TOAD-IN-THE-HOLE CORNMEAL MUFFINS

1¼ C milk  
⅓ C melted margarine  
15 cocktail sausages  
1 C flour

1 egg  
1 T sugar  
4 t baking powder  
1 C fine cornmeal

Reheat oven to 400°F, prepare pans. Blend wet mix ingredients (except sausages). Add dry mix previously combined until just blended. Two-thirds fill the pans and pop a sausage into the middle of each muffin. The mixture should be firm enough to hold up the sausages. Bake for 15-20 mins. Makes 15 muffins. These are great for picnics or school lunches.

## TOMATO AND TARRAGON MUFFINS

¼ C oil  
½ t grated lemon rind  
2 T tomato paste  
1 C milk  
1 t chilli sauce  
1 t sugar  
3 C self-raising flour  
Topping - ½ C grated cheddar cheese

2 eggs  
1 diced onion  
2 T chopped fresh parsley  
2 T chopped fresh tarragon OR 1 T dried tarragon  
½ t salt  
1 C grated cheddar cheese

Preheat oven to 400°F, prepare pans. Thoroughly blend all the wet mix ingredients. Add the flour and mix until completely combined. Place in muffin pans. Sprinkle with topping (optional). Bake for 25-30 mins and remove from pans when slightly cooled. Makes 12. These muffins are lovely served with fish and salad meals-they have a very defined flavour. Split muffins and fill them with the following blend: ½ C cream cheese, 2 T mayonnaise.

Variations: T, T and Prawn - Add ½ C frozen cocktail prawns to the wet mix.

## TUNNEL OF CHEESE MUFFINS

2 C biscuit baking mix  
1 beaten egg  
5 slices bacon

¾ C milk  
12 (½") cubes Swiss cheese  
crisp-cooked and crumbled

Preheat oven to 400°F, prepare pans. In bowl, combine biscuit mix and bacon. Add milk and egg, stirring just until moistened. Spoon ½ of the batter into pans, press a cheese cube into each and top with remaining batter, covering cheese completely. Bake for 25 mins or until golden. Serve hot. Makes 12.

## **TURKEY HAM, CHEESE AND PEPPER MUFFINS**

¼ C butter or margarine

1 C milk

1 clove garlic

1 T baking powder

2 eggs

1 C (4 oz) finely diced turkey ham

¼ C roasted shelled sunflower seeds

½ C minced sweet onion

¼ C minced green bell pepper

2 C flour

1 t salt

½ t freshly ground black pepper

½ C diced Cheddar cheese

Preheat oven to 375°F, prepare pans. In skillet over medium heat, melt butter, add onion, green pepper and garlic; cook and stir 5-7 mins or until onion is translucent. In bowl, combine flour, baking powder, s and p. In another bowl, combine milk and eggs until blended. Add vegetables (plus any butter left), turkey and cheese to wet mix. Stir in dry mix until just combined. Spoon into pans and sprinkle with seeds. Bake 25-30 mins for regular size muffins or 15-20 mins for mini muffins. Makes 12 regular or 36 miniature muffins.

## **WHOLE-GRAIN HERB-CHEESE MUFFINS**

¼ C minced onion

3 T salad oil

1 T Dijon mustard

2 large eggs

1½ C whole-wheat flour

2 t baking powder

½ t dry tarragon leaves

½ C diced green bell pepper

2 T honey

1 C milk

¾ C grated cheddar cheese

½ C yellow cornmeal

½ t dry thyme leaves

½ t salt, optional

Preheat oven to 375°F, prepare pans. In a frying pan cook onion and pepper in 1 T of the oil until limp, about 7 mins, stirring often. Mix remaining oil, honey, mustard, milk, eggs and cheese. In another bowl, stir together flour, cornmeal, baking powder, herbs and salt. Add the dry mix to the wet mix with the onion mixture, stir until just combined. Spoon into pans and bake for 20-25 mins or until well browned. Makes 12. 170 calories per muffin.



## INGREDIENT INDEX

### A

Almonds, 7, 9, 10, 11, 13, 16, 29, 30, 32, 38, 39, 42, 46  
Amaretto, 7  
Apple sauce, 7, 8, 9, 17, 43, 45  
Apples, 7, 8, 9, 14, 18, 21, 22, 24, 30, 38, 41, 42, 44, 45, 46  
Apricots, 7, 9, 10, 25, 31, 32, 39, 42, 44, 46  
Avocado, 10

### B

Bacon, 40, 47, 48, 49, 50, 51, 52, 53  
Banana, 10, 11, 12, 21, 24, 26, 40, 42, 45, 46  
Beer, 12  
Bell pepper, 47, 54  
Bilberries, 13  
Black bottom, 13  
Blueberry, 8, 13, 14, 16, 43  
Bran, 7, 11, 12, 13, 15, 16, 18, 22, 25, 27, 36, 39, 40, 41, 44, 45, 46  
Buckwheat flour, 44, 47  
Buttermilk, 13, 14, 15, 16, 18, 20, 22, 26, 29, 31, 35, 42, 48, 51

### C

Capsicum, 47  
Caraway seeds, 26, 33, 51  
Carrots, 17, 18, 30, 31, 39, 43  
Cashew nuts, 32  
Cheerios, 53  
Cheese, 7, 12, 32, 34, 40, 41, 43, 44, 45, 47, 48, 49, 50, 51, 52, 53, 54  
Cherry, 20, 29, 46  
Chick pea flour, 43, 44  
Chilli sauce, 47, 48, 50, 53  
Chocolate, 10, 13, 17, 19, 20, 21, 24, 31, 34, 42  
Chocolate chips, 17, 19, 24, 32, 39, 42  
Christmas, 20  
Chutney, 48  
Cocktail sausages, 53  
Cocoa powder, 39  
Coconut, 9, 19, 20, 21, 25, 26, 27, 30, 33, 34, 37, 39, 42, 43  
Coffee, 11, 17, 21  
Corn, 48, 49  
Cornbread, 49  
Cornmeal, 14, 21, 27, 35, 42, 44, 46, 49, 50, 53, 54  
Cottage cheese, 18  
Cranberry, 20, 22  
Cream cheese, 13, 17, 19, 29, 32, 48, 53  
Curacao, 22  
Currants, 26, 44  
Curry, 11, 41, 43, 48

### D

Dates, 7, 15, 21, 22, 31, 32, 42, 46  
Donut, 22

### F

Feijoa, 23  
Feta cheese, 47  
Figs, 23  
Frangelico, 25  
Fudge, 24

## G

Garlic, 50  
Ginger, 9, 20, 23, 24, 33  
Gluten free, 42, 43, 44

## H

Ham, 48, 49  
Hawaiian, 25  
Hazelnuts, 25, 29  
Herb, 47, 51, 52, 54  
Honey, 13, 16, 17, 25, 27, 33, 35, 38, 42, 43, 44, 54  
Horseradish sauce, 48  
Hot cross, 26

## I

Ice cream, 26

## J

Jalapeno peppers, 50  
Jam, 7, 20, 22, 23, 26, 29, 30, 33, 38

## K

Kirsch, 49  
Kiwifruit, 26, 27

## L

Lemon, 7, 8, 9, 10, 12, 13, 14, 16, 17, 22, 24, 25, 26, 27, 28, 29, 32, 33, 34, 35, 37, 44, 46, 53  
Lemon cheese, 22, 28  
Lemon honey, 28  
Lemonade, 28  
Lettuce, 50  
Linzertorte, 29  
Low-Cholesterol, 45

## M

M&M's, 36  
Mango, 29, 32  
Maple syrup, 15, 25, 29, 38  
Marmalade, 23, 29  
Marshmallow, 31  
Microwave, 11, 36, 40, 52  
Millet flour, 46  
Mincemeat, 30  
Molasses, 10, 13, 14, 24, 35, 45, 46, 51  
Morning glory, 30  
Muesli, 16, 34  
Mushroom, 50, 51  
Mustard, 40, 48, 49, 51, 53, 54

## N

Nashi, 31

## O

Oat bran, 16, 17, 25, 38, 44, 45  
Oatmeal, 8, 31  
Oats, 7, 8, 10, 18, 25, 31, 36, 40, 41, 43, 44, 45, 46  
Olives, 47, 50  
Onions, 45  
Orange, 7, 9, 10, 11, 12, 13, 20, 21, 22, 23, 24, 26, 27, 29, 31, 32, 33, 39, 42, 44, 45

## P

Papaya, 32  
Parsley, 49  
Passionfruit, 11, 34  
Peach, 29, 32, 41, 45  
Peanut butter, 24, 32, 33  
Pears, 33

Pecan nuts, 10, 12, 15, 19, 20, 21, 23, 24, 25, 30, 33, 35, 37, 42  
Pesto, 51  
Pina Colada, 33  
Pine nuts, 51  
Pineapple, 16, 17, 18, 20, 21, 25, 33, 34  
Pistachio nut, 34  
Plum, 34  
Poppyseed, 12, 27, 35, 36, 38, 43, 45  
Potato, 48  
Potato flour, 44  
Prawns, 50, 51  
Prunes, 44, 46  
Pumpkin, 10, 14, 35, 36, 41, 43, 46, 48  
Pumpkin seeds, 43  
R  
Raisins, 7, 8, 10, 13, 14, 15, 16, 18, 19, 24, 27, 28, 30, 31, 32, 33, 35, 36, 38, 39, 40, 42, 43, 44, 52  
Raspberry, 20, 29, 30  
Rhubarb, 36  
Rice, 48, 51  
Rice flour, 44, 46, 47  
Rum, 21, 30, 33, 34  
Rye flour, 10, 14, 33, 35, 42, 43, 46, 48, 51  
S  
Salami, 50  
Salmon, 52  
Sesame seeds, 17, 32, 43, 49, 50, 52  
Shrimps, 52  
Smarties, 36  
Sour cream, 14, 31, 33, 36, 50, 52  
Soy flour, 44  
Soya flour, 46  
Spring muffins, 53  
Spring onions, 48, 51  
Strawberry, 33, 37, 38  
Streusel topping, 14, 37  
Sultanas, 15, 17, 24, 35, 40, 42, 44, 46  
Sunflower seeds, 10, 18, 42, 43, 54  
Sweet Potato, 38  
T  
Taffy apple, 38  
Tahini, 52  
Tangelo, 38  
Tomato, 40, 47, 50, 53  
Tunnel of ... muffins, 53  
Turkey, 54  
W  
Walnuts, 7, 9, 10, 12, 15, 17, 18, 20, 21, 24, 28, 31, 33, 38, 42, 45, 48, 51  
Wheatgerm, 34, 40, 41  
Y  
Yams, 38  
Yoghurt, 9, 10, 11, 12, 13, 16, 17, 19, 20, 21, 25, 27, 28, 29, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 43, 44, 45, 46, 49, 53  
Z  
Zucchini, 17, 39, 48