

Blueberry Streusel Muffins

Sweet streusel-topped blueberry muffins

Yield:

12-15 muffins*

Ingredients:

Muffin ingredients:

2 cups flour

1/2 teaspoon baking soda

dash of salt

1 teaspoon cinnamon

2 eggs

1/2 cup oil

1 cup sour cream

1 teaspoon vanilla extract

1 cup brown or white sugar

2 cups fresh or frozen whole blueberries

Streusel topping ingredients:

1/4 cup (1/2 stick) softened butter

1/4 cup brown or white sugar

1/4 cup flour

1 teaspoon cinnamon

3/4 cup rolled oats

Instructions:

1. In a large mixing bowl, whisk together the flour, soda, salt, and cinnamon. Set aside.

2. In a separate bowl, briskly whisk the eggs, oil, sour cream, vanilla, and sugar. Add to dry ingredients and stir just until moist.

Gently stir in blueberries.

3. To make streusel topping, combine butter, sugar, flour, and cinnamon in a mixing bowl and press with a fork to mix. Add oats and mix until coarse crumbs form.

4. Fill greased or paper-lined muffin pans $\frac{2}{3}$ or $\frac{3}{4}$ full of batter.

Sprinkle about 2 teaspoons of streusel topping on each muffin.

5. Bake in a pre-heated 400 degree oven for 20-23 minutes, until done. Cool in pan for 5 minutes and then remove and cool on wire racks.

Additional Notes:

*If lining muffin cups with paper liners, this recipe will make 15 or so muffins. Directly in the pan it makes a full dozen. □

These muffins remove very easily from a greased muffin pan, if you cool for 5 minutes in the pan.

I used dark brown sugar in my muffins, which is why they look rather dark in these photos. That, and the blueberries gave the batter a purple hue as well! □



Blueberry Streusel Muffins

This recipe is from Tammy's Recipes.

Lemon Poppy Seed Muffins

A soft and spongy lemon poppy seed muffins with the perfect balance of sweet and tart!

Yield:

12 muffins

Ingredients:

2 cups flour

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1/4 teaspoon salt

1 1/2 tablespoons poppy seeds

1 egg

1/2 cup + 2 tablespoons sugar

2 tablespoons lemon zest (the zest from ~two large lemons)

1/4 cup melted butter

1 1/4 cups kefir (or buttermilk)

Instructions:

1. In a large mixing bowl, whisk together the dry ingredients.
2. In a smaller bowl, combine egg, sugar, and lemon zest, stirring well. Add butter and kefir (or buttermilk) and stir.
3. Add the wet mixture to the dry ingredients, and stir just until moistened. Do not over mix. The batter will be fairly thick.
4. Preheat oven to 350°F. Divide batter evenly into 12 paper-

lined

or greased muffin cups. Bake muffins on rack in the middle of the oven

for 20-25 minutes, until muffins test done. (Ours are usually done in

17-19 minutes; over-cooking seems to make them unnecessarily dry.)

5. Allow muffins to cool in pan for about 5 minutes, then remove to a wire rack to finish cooling.



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4. Preheat oven to 350°F. Divide batter evenly into 12 paper-lined or greased muffin cups. Bake muffins on rack in the middle of the oven for 20-25 minutes, until muffins test done. (Ours are usually done in 17-19 minutes; over-cooking seems to make them unnecessarily dry.)
5. Allow muffins to cool in pan for about 5 minutes, then remove to a wire rack to finish cooling.



Lemon Poppy Seed Muffins

This recipe is from Tammy's Recipes.

Oatmeal Apple Raisin Muffins

Yield:

12 muffins

Ingredients:

1 cup whole wheat or all-purpose flour

1 cup quick or old-fashioned rolled oats

1/3 cup sugar

1 tablespoon baking powder

1/2 teaspoon salt

1 teaspoon nutmeg

1 tablespoon cinnamon

1 egg, lightly beaten

3/4 cup milk

1 cup raisins

1 cup peeled, cored, and chopped apple (about 1 medium-large apple)

1/4 cup oil

1/4 cup applesauce

Instructions:

1.

Preheat oven to 400 degrees. In a medium sized mixing bowl, whisk together the dry ingredients: flour, oats, sugar, baking powder, salt, nutmeg, and cinnamon. Make a well in the center of the mixture.

2. Add the egg, milk, raisins, apples, oil, and applesauce. Stir until moistened (don't stir too long!).

3. Pour batter into 12 greased or paper-lined muffin cups. Bake at 400 degrees for 15-20 minutes, until muffins test done (a toothpick or fork inserted comes out clean).

4. Cool muffins on a wire rack. Enjoy warm or cold! ☐



Oatmeal Apple Raisin Muffins

This recipe was taken from Tammy's Recipes.

Best Ever Blueberry Muffins

Yield:

12 muffins

Ingredients:

2 cups all-purpose flour

1 cup sugar

2 teaspoons baking powder

1/4 teaspoon salt

2 large eggs

1/2 cup oil

1/2 cup milk, warmed in microwave

2 teaspoons vanilla extract

2 cups fresh or frozen blueberries

Instructions:

1. Preheat oven to 400 degrees. In a large bowl, mix flour, sugar, baking powder, and salt.

2. In a separate bowl, beat the eggs and oil. Add the warm milk and vanilla extract.

3. Pour wet ingredients into dry, and stir.

4. If using fresh blueberries, wash and drain them, and then stir into batter. If using frozen blueberries, place them in a colander and run hot tap water over them for about 20 seconds. Drain berries for 5-10 seconds, then stir into batter.

5. Use muffins papers or grease 12 muffin cups (can also use mini muffin pans). Fill muffin cups 3/4 full and bake for 20-25 minutes at 400 degrees. If making mini muffin size, bake for about 14 minutes.

Muffins are done when top springs back and toothpick comes out

clean. Cool in pan for 5 minutes, then remove to wire cooling racks to finish cooling.



Best Ever Blueberry Muffins

Blueberry Shredded Wheat Muffins (untested, online source)

1 1/2 c. flour
1/2 c. sugar
3 tsp. baking powder
1 1/4 tsp. salt
1 c. crushed shredded wheat
1 egg, slightly beaten
3/4 c. milk
1/3 c. vegetable oil
1/2 c. blueberries
1 tbsp. lemon juice

Sift together flour, sugar, baking powder, and salt. Stir in cereal. Add egg, milk, and oil. Stir just until dry ingredients are moistened. Fold in blueberries and lemon juice. Fill greased 2 1/2 x 1 1/2 inch muffin pans about 2/3 full. Bake at 400 degrees until done and browned, 18-20 minutes. Yields 12 muffins.

Banana Quick Bread (untried)

- *3 cups flour*
- *1 teaspoon salt*
- *3 teaspoons cinnamon*
- *1/2 teaspoon baking powder*
- *1 teaspoon baking soda*
- *2 eggs*
- *1 cup oil*
- *2 cups sugar*
- *2 cups mashed bananas**
- *3 teaspoons vanilla*
- *1 cup chopped nuts or seeds (optional)*

Sift together dry ingredients. In separate bowl, beat eggs; add oil and sugar; cream together. Stir in bananas and vanilla. Add dry ingredients; mix well. (Stir in nuts, if using.) Spoon into two well-greased loaf pans. Bake at 325 degrees for 1 hour.