

# 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.

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## 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

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# 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.

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# 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.