



Autumn Recipes

Favorite Muffins for Breakfast or Snacks

Janie E. Squier, County Extension Agent
Family & Consumer Sciences
Rockwall County

Pineapple Muffins

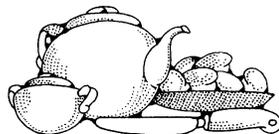
- 2 cups flour
- 2 teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup firmly packed brown sugar
- 1 egg, well beaten
- 1 8-ounce carton sour cream
- 1 8-ounce can crushed pineapple, undrained
- ½ cup melted butter or oil
- ½ cup chopped pecans

Preheat oven to 400°F and prepare muffin cups. Combine dry ingredients and set aside. In a medium bowl, combine egg, sour cream, pineapple and butter or oil. Stir into dry ingredients and fold in pecans. Fill muffin cups ⅔ full. Bake for 20 minutes. Makes 12.

Nutritional analysis per serving: 188 Calories; 3 g Protein; 11 g Fat; 20 g Carbohydrate; 17 mg Cholesterol; 1 g Fiber; 167 mg Sodium.

Blueberry Bran Muffins

- 1 cup all purpose flour
- ½ cup sugar
- 2 ½ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1¼ cup 100% Bran cereal
- 1 cup milk
- 1 egg
- ¼ cup vegetable oil
- 1 cup blueberries
- ½ cup chopped pecans



Preheat oven to 400°F and prepare muffin cups. Combine first 5 ingredients; set aside. Mix bran cereal with milk, let stand for 5 minutes. To bran mixture, add egg and oil, blending well. Add flour mixture and stir until just combined. Fold in blueberries and pecans. Fill muffin cups ⅔ full. Bake for 20 minutes. Makes 12.

Nutritional analysis per serving: 210 Calories; 4 g Protein; 11 g Fat; 28 g Carbohydrate; 18 mg Cholesterol; 11 g Fiber; 309 mg Sodium.

Peppered Cheddar Muffins

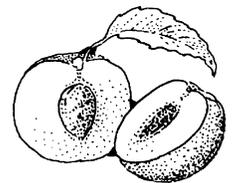
- 2 cups all purpose flour
- 1 Tablespoon sugar
- 1 Tablespoon baking powder
- ½ teaspoon salt
- ½ to 1 teaspoon coarsely ground pepper
- 1 cup (4 ounces) shredded sharp Cheddar cheese
- 1 ¼ cups milk
- 1 large egg
- 2 Tablespoons vegetable oil

Stir together first 6 ingredients in large bowl; make a well in center of mixture. Stir together milk, egg and oil until well blended. Add to dry ingredients, stirring just until moistened. Spoon batter into prepared muffin pan, filling ⅔ full. Bake at 400°F for 18 to 20 minutes. Makes 12.

Nutritional analysis per serving: 134 Calories; 6 g Protein; 4 g Fat; 18 g Carbohydrate; 23 mg Cholesterol; 1 g Fiber; 378 mg Sodium.

Peach Gingerbread Muffins

- 2 cups all purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 teaspoon ground ginger
- ½ teaspoon cinnamon
- ½ teaspoon cloves
- ½ cup sugar
- ½ cup applesauce
- ¼ cup apple juice
- ¼ cup molasses
- 1 egg
- 2 Tablespoons vegetable oil
- 1 16-ounce can sliced peaches in juice, drained and chopped



Preheat oven to 400°F and prepare muffin cups. In large bowl, combine flour, baking powder, salt and spices. In medium bowl, combine sugar, applesauce, apple juice, molasses, egg and oil. Stir applesauce mixture into flour mixture just until moistened. Fold in peaches. Spoon into muffin cups. Bake for 20 minutes. Makes 12.

Nutritional analysis per serving: 182 Calories; 3 g Protein; 3 g Fat; 37 g Carbohydrate; 18 mg Cholesterol; 1 g Fiber; 189 mg Sodium.

Morning Glory Muffins

3/4 cup whole wheat flour
1/4 cup all purpose flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 Tablespoon cinnamon
2 large eggs
3/4 cup packed brown sugar
1/4 cup canola oil
2 Tablespoons orange juice **or** pineapple juice
1 teaspoon vanilla extract
1 8-ounce can crushed pineapple (*not* drained)
1 cup finely grated carrot (2 to 4 carrots)
1/2 cup plus 1 Tablespoon rolled oats
1/2 cup raisins
1/4 cup chopped walnuts

Preheat oven to 400°F and prepare muffin cups. Combine first 6 ingredients in a large until blended. Mix eggs, sugar, oil, juice and vanilla in a medium bowl until smooth. Stir in pineapple. Add egg mixture to flour mixture, and stir just until moistened. Fold in carrots, 1/2 cup oats, raisins and walnuts. Scoop mixture into muffin cups and sprinkle with 1 Tablespoon rolled oats. Bake 18 to 22 minutes. Makes 12 muffins.

Nutritional analysis per serving: 228 Calories; 4 g Protein; 8 g Fat; 38 g Carbohydrate; 35 mg Cholesterol; 3 g Fiber; 200 mg Sodium.

Cranberry Orange Muffins

1 cup all purpose flour
1 cup whole wheat flour
1 1/2 teaspoons baking soda
1/4 teaspoon salt
1 teaspoon grated orange rind
1/4 cup firmly packed brown sugar
1/4 cup margarine, melted
1 8-ounce carton plain lowfat yogurt
1 egg, lightly beaten
1 cup chopped cranberries

Preheat oven to 375°F and prepare muffin cups. Combine first 5 ingredients in a large bowl; make a well in center of mixture. Combine sugar, margarine, yogurt, and egg; add to dry ingredients, stirring just until moistened. Fold in cranberries. Spoon into muffin cups; filling 3/4 full. Bake for 20 to 25 minutes. Makes 12.

Nutritional analysis per serving: 145 Calories; 4 g Protein; 5 g Fat; 22 mg Carbohydrate; 19 mg Cholesterol; 2 g Fiber; 217 mg Sodium.

Apple Nut Muffins

*1st Place at 2004 District IV 4-H Food Show
Brittani Wright, Rockwall County 4-H member*

Filling:

2 Tablespoons butter or margarine
1/3 cup packed brown sugar
1 Tablespoon all-purpose flour
1/2 teaspoon ground cinnamon
1/8 to 1/4 teaspoon ground nutmeg
2 cups finely chopped peeled apples
1/2 cup finely chopped nuts

Muffins:

3/4 cup softened butter or margarine
1 1/2 cups sugar
3 eggs
1 1/2 teaspoons vanilla extract
3 1/2 cups all-purpose flour
1 1/2 teaspoons of baking powder
1 1/2 teaspoons baking soda
3/4 teaspoons salt
1 1/2 cups (12 ounces) sour cream
cinnamon sugar

In a medium saucepan, melt butter. Stir in brown sugar, flour, cinnamon and nutmeg until smooth. Add apples; cook over medium-low heat for 10 minutes or until apples are tender, stirring frequently. Remove from the heat; stir in nuts. Set aside to cool.

In a mixing bowl, cream butter and sugar. Add eggs, one at a time, beating well after each addition. Beat in vanilla. Combine the dry ingredients; add to the creamed mixture alternating with sour cream.

Spoon 1/4 cupful of batter into greased jumbo muffins cups or fill regular muffin pans halfway. Spoon apple mixture into the center of each (do not spread). Top with remaining batter. Sprinkle with cinnamon-sugar.

Bake at 350° for 25-27 minutes or until muffins test done. Cool for 5 minutes before removing from pans to wire racks. Makes 12 jumbo muffins or 24 regular muffins

Nutritional analysis per serving: 209 Calories; 4 g Protein; 8 g Fat; 32 mg Carbohydrates; 31 mg Cholesterol; 1 g Fiber; 244 mg Sodium

