

## Muffin Mixing Method



Muffin pans should be ready before you begin. Gluten will continue to form and batter will rise if allowed to stand in mixing bowl. Also, spooning into batter later to fill muffin pans may allow  $\text{CO}_2$  to escape and decrease the volume of final product.

If fat is solid, melt and combine with liquid ingredients, including eggs. Sift dry ingredients.

Make a well in dry ingredients and add liquid ingredients to dry ingredients.

(Note: ratio of flour to liquid is 2:1)

Stir until ingredients are just moistened. Batter should be lumpy. Gluten forms readily and may overdevelop with excess stirring.

## Lab 5 Muffins and Quick Bread Recipes

### Standard Muffins

Recipe By: MasterCook

Serving Size: 6

#### Ingredients

- 1 cup sifted all purpose flour
- ¼ teaspoon salt
- 1 teaspoon baking powder
- 1 ½ tablespoons oil
- 1 ½ tablespoons sugar
- ½ cup milk
- 2 tablespoons egg

Heat oven to 400 degrees F.

Blend liquid ingredients together. Make a "well" in the dry ingredients. Add liquid ingredients to dry ingredients. Stir until ingredients are just moistened. Batter will be lumpy.

Use muffin paper liners in muffin pans - fill 1/2 to 3/4 full with batter.

Bake in preheated oven for 20 minutes.

Per Serving (excluding unknown items): 133 Calories; 5g Fat (32.8% calories from fat); 3g Protein; 19g Carbohydrate; 1g Dietary Fiber; 27mg Cholesterol; 189mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

### Zesty Corn Muffins

Recipe By: MasterCook

Serving Size: 6

#### Ingredients

- 3/8 cup flour
- 1/8 cup soy flour
- ½ cup yellow cornmeal
- 1 tablespoon sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ cup buttermilk
- 1/8 cup soy oil
- 1 eggs -- slightly beaten
- ¼ cup shredded Cheddar cheese
- 1/8 cup chopped green chiles

Preheat oven to 425°F.

Spray muffin pans with nonstick spray.

In medium bowl, combine first five ingredients. Stir together buttermilk, soy oil and eggs, and add to dry ingredients. Gently stir in cheese and green chilies. Pour into muffin pan.

Bake for 22 to 25 minutes.

Per Serving (excluding unknown items): 168 Calories; 8g Fat (41.4% calories from fat); 5g Protein; 19g Carbohydrate; 1g Dietary Fiber; 41mg Cholesterol; 403mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

### Better Bran Muffins

## Lab 5 Muffins and Quick Bread Recipes

Recipe By: MasterCook

Serving Size: 6

### Ingredients

5/8 cup flour  
1/4 cup soy flour  
1/2 cup bran flake cereal  
1/4 cup brown sugar  
1/2 teaspoon baking powder  
1/2 teaspoon baking soda  
3/8 teaspoon ground cinnamon  
1/16 teaspoon ground cloves  
1 slightly beaten eggs  
1/3 cup soymilk  
1/4 cup raisins  
1/8 cup soy oil

Spray muffin pan with vegetable cooking spray or line with paper baking cups. Stir together all dry ingredients. Combine eggs, soymilk and soy oil. Add egg mixture to flour mixture; stir until moistened. Fold in raisins. Fill muffin pan 2/3 full. Bake in a 400°F oven for 15-20 minutes.

Per Serving (excluding unknown items): 173 Calories; 7g Fat (32.4% calories from fat); 5g Protein; 26g Carbohydrate; 3g Dietary Fiber; 31mg Cholesterol; 170mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates. Nutrition Warnings: slightly beaten eggs: MasterCook assumes an average 'whole' size of this ingredient.

## Healthy Banana Apple Muffins

Recipe By: Francine Davenport; Chillicothe, MO

Serving Size: 19

### Ingredients

1 cup soy flour, defatted	1/4 cup apple juice, frozen concentrate	1 apple, unpeeled, cored, diced
1 cup all-purpose flour	1 tablespoon vanilla	1 cup raisins
1 cup whole-wheat flour	6 egg whites - 3 in one bowl -- 3 slightly beaten	
2 teaspoons cream of tartar	2 bananas - large and ripe -- mashed	
2 teaspoons baking soda	1/2 cup applesauce	
1 teaspoon allspice	1 cup honey	

Combine dry ingredients in bowl. Set aside. Mix apple juice, vanilla, 3 egg whites, banana, applesauce and honey in bowl on low speed until blended. Add dry ingredients and mix for a few seconds, just until moistened and no flour can be detected.

With a spatula, stir in the remaining egg whites, which have been lightly beaten. Then add the diced apple and raisins.

Put 19 paper cupcake liners in muffin tins and fill cups to within 1/3 inch of top. Bake at 350°F for 10-24 minutes or until you can touch lightly on top and an imprint does not remain.

Per Serving (excluding unknown items): 175 Calories; trace Fat (1.9% calories from fat); 6g Protein; 40g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 154mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 0 Fat; 1 Other Carbohydrates.

## Lab 5 Muffins and Quick Bread Recipes

### Ryan's Famous Pumpkin Nut Bread

Recipe By: Chef: Ryan Snyder

Serving Size: 16

#### Ingredients

1	cup butter – melted	1	cup sugar
4	eggs	1	cup brown sugar
1	(14 1/2-ounce) can pumpkin	2 ¾	cups flour
½	teaspoon salt	1	cup chopped nuts
2	teaspoons baking powder		
1	teaspoon baking soda		
1	teaspoon ground cloves		
1	teaspoon ground nutmeg		
1	teaspoon ground cinnamon		

Melt butter. Add eggs and pumpkin. Beat thoroughly. Add sugars, baking soda and powder, and spices. Beat thoroughly until all lumps are removed. Add flour. Beat thoroughly. Add nuts and mix. Spoon into 2 greased bread pans. Bake for 1 hour at 350°F. Test with toothpick to ensure loaves are ready.

Per Serving (excluding unknown items): 346 Calories; 18g Fat (46.0% calories from fat); 6g Protein; 42g Carbohydrate; 2g Dietary Fiber; 84mg Cholesterol; 348mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 3 1/2 Fat; 1 1/2 Other Carbohydrates. Nutrition Warnings: eggs: MasterCook assumes an average 'whole' size of this ingredient.

### Devin's Delight Banana Bread

Recipe By: Chef: Ryan Snyder

Serving Size: 8

#### Ingredients

1	stick margarine
2	eggs
4	medium ripe bananas
1	teaspoon salt
2	teaspoon baking powder
½	teaspoon baking soda
2/3	cup sugar
1 ¾	cups flour
1	cups chopped nuts

Combine margarine, eggs and bananas. Add salt, baking powder, baking soda, and sugar. Mix well until all lumps are removed. Add flour. Mix well. Add nuts. Mix well. Spoon into 1 greased loaf pan. Bake at 350°F for 55-60 minutes.

Per Serving (excluding unknown items): 448 Calories; 23g Fat (45.0% calories from fat); 8g Protein; 56g Carbohydrate; 4g Dietary Fiber; 53mg Cholesterol; 621mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fruit; 4 Fat; 1 Other Carbohydrates. Nutrition Warnings: eggs: MasterCook assumes an average 'whole' size of this ingredient; ripe bananas: MasterCook assumes an average 'whole' size of this ingredient.