

Make Your Own Muffins

Muffins make a great grab-and-go breakfast or snack.

Make a large batch on a day you have some extra time. Then pull one out to take on the go! Follow these steps to make 12 muffins.

1. Preheat oven to 400°F.
2. Coat a 12-cup muffin pan with non-stick cooking spray. Or, use muffin tin liner cups.
3. Make muffin dry mix: In a large bowl, whisk together 1½ cups whole wheat flour, 1 cup all-purpose flour, 1½ teaspoons baking powder, and ¼ teaspoon salt. Add **Optional Dry Flavorings**.
4. Make muffin wet mix: In a medium bowl, whisk together 2 large eggs, 1 cup nonfat or low-fat milk, ¾ cup brown or granulated sugar, 2 Tablespoons melted unsalted butter, 2 Tablespoons canola oil, and 1 teaspoon vanilla extract. Add **Optional Wet Flavorings**.
5. Add wet mix to dry mix. Stir until just combined. Fold in **Fruits and Veggies** and **Optional Add-Ins**.
6. Bake muffins until a toothpick inserted in the center comes out with just a couple of moist crumbs attached, 20–25 minutes.
7. Let cool in the pan for 10 minutes. Remove from pan and let cool completely.



Optional Dry Flavorings (1–1½ teaspoons total)
Ground cinnamon
Ground nutmeg
Ground allspice
Ground ginger
Pumpkin pie spice



Optional Wet Flavorings
½ teaspoon coconut or almond extract
1 Tablespoon lemon, lime, or orange zest



Fruits and Veggies (2 cups total)
Fresh or frozen (not thawed) berries
Diced or mashed bananas
Diced mango or pineapple
Shredded apples or pears
Shredded carrots, zucchini, or parsnips



Optional Add-Ins (up to ½ cup total)
Dried fruit, such as raisins, cherries, currants, or cranberries
Toasted chopped or slivered nuts
Mini chocolate chips
Shredded unsweetened coconut

Try these combos!

Spiced Banana-Nut Muffins

Add ½ teaspoon each ground cinnamon, nutmeg, and allspice to the dry mix. Combine wet and dry mixes. Stir in diced bananas and chopped pecans.

Zucchini-Raisin Muffins

Add 1 teaspoon ground cinnamon to the dry mix. Combine wet and dry mixes. Stir in zucchini and raisins.

Blueberry-Ginger Muffins

Add 1½ teaspoons ground ginger to the dry mix. Combine wet and dry mixes. Stir in blueberries.



Chef's Notes:

- To freeze leftover muffins, wrap each one in plastic wrap. Place in an airtight container. Freeze up to 1 month.
- Use up fruits and veggies that are starting to get too ripe.
- To make bread instead of muffins, coat a loaf pan with non-stick cooking spray. Bake at 375°F for 50–60 minutes.