

Quick and Easy *Muffins*



From Kay's Kitchen



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by

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Tips for Great Muffins

Good muffins are symmetrical in shape, with straight sides and a slightly rounded top.

The most important secret to successful muffins is in the mixing. Don't overbeat the batter. For most muffins, you will stir by hand. Don't use a mixer unless the recipe specifically directs you to. Muffins with a cake-like texture do require a mixer, but even then, you should avoid over-mixing.

Once you have mixed the batter, transfer to a muffin pan and bake immediately.

Be sure not to over-bake your muffins. Bake them just to the point that they are done. If you are not sure, insert a toothpick in the center and pull it out. It will be clean if the muffin is done.

If you are not using paper liners in your muffin pans, be sure to grease the bottom of the muffin pan with shortening or butter. You can also use cooking spray. Heavily grease the bottom of the pan, but lightly grease the sides. This allows the batter to cling more to the sides of the pan during the rising process and makes for better volume.



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*Sweet
Muffins*

Plain Muffins

Ingredients:

2 cups all-purpose flour
3/4 tsp. salt
2 T. sugar
1 egg, slightly beaten
1 cup milk
4 T. vegetable oil

Directions:

Stir this batter by hand; don't use a mixer.

Combine flour, baking powder, salt, and sugar in a large mixing bowl. In a separate bowl, combine egg, milk, and vegetable oil. Stir just enough to moisten the dry ingredients.

Fill greased or paper-lined muffin pan 2/3 full and bake at 400°F for 15 to 20 minutes.

Makes 12 to 15 muffins.

Rich Cake Muffins

Ingredients:

2 c. all-purpose flour
3 tsp. baking powder
3/4 tsp salt
1/3 c. sugar
1/3 c. shortening
1 egg
1 c. buttermilk or sour milk
2 T. sugar

Directions:

Using a mixer, cream the shortening and 1/3 cup of sugar. Mix well.

Add the egg and beat well. Slowly add milk

Combine flour, baking powder, and salt. Gradually add the flour mixture to the shortening mixture.

Fill greased or paper-lined muffin pans 2/3 full.

Bake at 400°F for 15 to 20 minutes.

Spicy Apple Muffins

Ingredients:

2 c. flour
4 tsp. baking powder
3/4 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. nutmeg
1/3 c. shortening
1/4 c. sugar
1 egg
1 c. milk
3/4 c. apple, chopped

Topping:

1/4 tsp. cinnamon
2 T. sugar

Directions:

Combine flour, baking powder, salt, cinnamon, and nutmeg in a large mixing bowl. Set aside.

Using a mixer, cream shortening and sugar. Beat until light and fluffy. Add egg and beat well. Stir in (don't beat) milk and chopped apples. Add to flour mixture and stir just enough to moisten the dry ingredients. Don't beat at this point, and don't overmix.

Fill greased or paper-lined muffin pans 2/3 full. Combine cinnamon and sugar for the topping. Sprinkle on top of the muffin batter.

Bake at 400°F for 15 to 20 minutes.

Makes 12 to 15 muffins.

Honey-Bran Muffins

Ingredients:

1 1/2 c. whole wheat flour
4 1/2 tsp. baking powder
1 tsp. salt
1/4 c. honey
1 1/4 c. milk
1 1/2 c. oat bran
1 egg, slightly beaten
3 T. vegetable oil

Directions:

Stir this batter by hand; don't use a mixer.

Combine flour, baking powder, salt, and sugar in a large bowl. Set aside.

In a separate bowl, combine milk and bran. Let stand until most of the liquid is absorbed by the bran. Add egg and vegetable oil to the milk/bran mixture.

Add the milk mixture to the flour mixture. Stir just enough to moisten the dry ingredients. Do not beat.

Fill greased or paper-lined muffin pans 3/4 full and bake at 400°F for 15 to 20 minutes.

Makes 15 to 18 muffins.

Whole Wheat Muffins

Ingredients:

1 c. all-purpose flour
1 c. whole-wheat flour
4 tsp. baking powder
1 tsp. salt
2 T. sugar
1 egg, slightly beaten
1 c. milk
3 T. vegetable oil

Directions:

Stir this batter by hand; don't use a mixer.

Mix flours, baking powder, salt, and sugar in a mixing bowl. In another mixing bowl or a large measuring cup, combine egg, milk, and vegetable oil. Pour into flour mixture and stir just enough to moisten the dry ingredients. Do not beat.

Fill greased or paper-lined muffin pans 2/3 full and bake at 400°F for 15 to 20 minutes.

Makes 12 to 15 muffins.

Gingerbread Muffins

Ingredients:

2 c. all-purpose flour
3 tsp. baking powder
3/4 tsp. salt
1/2 tsp. ginger
1/2 tsp. cinnamon
1/4 tsp. cloves
1/4 c. shortening
1/4 c sugar
1 egg
1/4 c. molasses
2/3 c. milk

Directions:

Mix flour, baking powder, salt, and spices in a mixing bowl. Set aside.

In a separate bowl, cream shortening and sugar, using a mixer. Beat until smooth. Add egg and molasses. Beat well. Add milk and mix until well blended.

Add to flour mixture and stir just enough to moisten the dry ingredients. Do not beat at this point.

Fill greased or paper-lined muffin pans 2/3 full and bake at 400°F for 15 to 20 minutes.

Makes 12 to 15 muffins.

Orange Tea Muffins

Ingredients:

2 c. all-purpose flour
3 tsp. baking powder
3/4 tsp. salt
1/4 c. shortening
1/2 c. sugar
1 egg
1/2 milk
2 T. grated orange rind
1/2 c. orange juice

Directions:

Mix flour, baking powder, and salt in a mixing bowl. Set aside.

Using a mixer, cream shortening and sugar with a mixer until smooth. Add egg and beat well. Add milk and beat until blended.

Add the flour mixture and stir (don't beat) just enough to moisten the dry ingredients.

Fill greased or paper-lined muffin pans 2/3 full and bake at 400°F for 15 to 20 minutes.

Makes 12 to 15 muffins.

NOTE: This recipe also works well with whole-wheat flour.

Pineapple Muffins

Ingredients:

2 c. all-purpose flour
4 tsp. baking powder
1/2 tsp. salt
1/4 c. shortening
1/2 c. sugar
1 egg
1 c. crushed pineapple, undrained

Directions:

Mix flour, baking powder, and salt in a mixing bowl. Set aside.

Using a mixer, cream shortening and sugar. Beat until smooth. Add egg and beat well. Stir in crushed pineapple.

Add to flour mixture and stir just enough to moisten the dry ingredients. Do not beat.

Fill greased or paper-lined muffin pans 2/3 full and bake at 400°F for 15 to 20 minutes.

Makes 12 to 15 muffins.

Butterscotch Oatmeal Muffins

Ingredients:

1 1/2 c. all-purpose flour or whole wheat flour
4 tsp. baking powder
3/4 tsp. salt
1/2 c. brown sugar
1 1/2 c. quick-cooking oats
2 eggs, slightly beaten
1 c. buttermilk or sour milk
1/3 c. vegetable oil
1 c. butterscotch morsels

Directions:

Stir this batter by hand; don't use a mixer.

Mix flour, baking powder, salt, brown sugar, and oats in a large mixing bowl. Stir in eggs, buttermilk, and vegetable oil. Stir just enough to moisten the dry ingredients. Fold in butterscotch morsels.

Fill greased or paper-lined muffin pan 2/3 full and bake at 400°F for 15 to 20 minutes.

Makes 15 to 18 muffins.

Blueberry Muffins

Ingredients:

2 c. all-purpose flour
1 c. sugar
1/2 tsp. salt
1/2 tsp. baking soda
1 tsp. baking powder
2 eggs, beaten
1/2 c. vegetable oil
1/2 tsp. vanilla extract
1 c. sour cream
1 c. fresh or frozen blueberries

Directions:

Stir this batter by hand; don't use a mixer.

Combine the flour, sugar, salt, baking soda, and baking powder in a large mixing bowl. Mix well then set aside.

In a separate bowl, combine eggs, vegetable oil, vanilla, and sour cream. Use a whisk to mix well. Add the egg mixture to the flour mixture and stir just enough to moisten the dry ingredients. Fold in the blueberries.

Fill greased or paper-lined muffin pan 2/3 full. Bake at 400°F for 15 to 20 minutes.

Makes 12 muffins.

Strawberry Muffins

Ingredients:

1 3/4 c. all-purpose flour
2 tsp. baking powder
1/2 tsp. salt
1 c. strawberries, chopped
1/2 c. milk
1/2 c. sugar
1/4 c. vegetable oil
1 egg
4 to 6 drops red food coloring
sugar (to sprinkle on top)

Directions:

Stir this batter by hand; don't use a mixer.

Mix flour, salt, baking powder, and sugar. Add chopped strawberries and stir until strawberries are covered with the flour mixture. Set aside.

In a separate bowl, whisk mix milk, oil, and eggs. Add the food coloring to the milk mixture.

Gradually add the milk mixture to the flour mixture. Stir together but don't over mix.

Spoon batter into greased or paper-lined muffin pan. Fill each cup 2/3 full, and sprinkle with sugar.

Bake at 375°F for 20 to 25 minutes.

Makes 12 muffins.

Savory Muffins

Cheesy Bacon Muffins

Ingredients:

2 c. all-purpose flour
3 tsp. baking powder
3/4 tsp. salt
2 T. sugar
1 c. bacon, crispy and crumbled
1 c. shredded sharp cheddar cheese
1 egg, slightly beaten
1 c. milk
1/2 c. vegetable oil

Directions:

Stir this batter by hand; don't use a mixer.

Mix flour, baking powder, salt, and sugar in a large bowl. Add bacon and cheese. Stir in egg, milk, and vegetable oil. Stir just enough to moisten the dry ingredients.

Fill greased or paper-lined muffin pans 2/3 full. Bake at 400°F for 15 to 20 minutes.

Makes 12 to 15 muffins.

Golden Corn Muffins

Ingredients:

1 1/2 c. all-purpose flour
1 c. yellow corn meal
3 1/2 tsp. baking powder
1 tsp. salt
1/3 c. sugar
2 eggs, slightly beaten
1 1/4 c. milk
1/3 c. vegetable oil

Directions:

Stir this batter by hand; don't use a mixer.

Mix flour, corn meal, baking powder, salt and sugar in a large mixing bowl. Add eggs, milk, and vegetable oil. Stir just enough to moisten the dry ingredients.

Fill greased or paper-lined muffin pans 2/3 full. Bake at 400°F for 15 to 20 minutes.

Makes 15 to 18 muffins.

Ham Muffins

Ingredients:

1 1/2 c. all-purpose flour
2 1/2 tsp. baking powder
1/2 tsp. salt
1 T. sugar
1/2 c. oat bran
1 c. cooked ham, ground
2 eggs, slightly beaten
1 c. milk
1/3 c. vegetable oil

Directions:

Stir this batter by hand; don't use a mixer.

Combine flour, baking powder, salt, sugar, and oat bran in a large mixing bowl. Add ham and stir until it is covered by the flour mixture. Stir in eggs, milk, and vegetable oil. Stir just enough to moisten the dry ingredients. Do not beat with a mixer.

Fill greased or paper-lined muffin pans 2/3 full. Bake at 400°F for 15 to 20 minutes.

Makes 12 to 15 muffins.

Tip: Use a meat grinder or food processor to prepare cooked, ground ham for this recipe.

Sweet Potato Muffins

Ingredients:

1 1/2 c. self-rising flour
1/2 c. brown sugar, packed
1 tsp. pumpkin pie spice
2 tsp. grated orange peel
1 c. mashed canned sweet potatoes, drained
1/2 c. buttermilk
1 T. molasses
2 eggs

Topping:

1 T. sugar
1/4 tsp. cinnamon

Directions:

Stir this batter by hand; don't use a mixer.

Combine flour, brown sugar, pumpkin pie spice, and orange peel in a large bowl. Set aside.

In a separate bowl, combine sweet potatoes, buttermilk, molasses, and eggs. Blend well. Add the sweet potato mixture to the flour mixture. Stir just enough to moisten the dry ingredients. Do not beat.

Fill greased or paper-lined muffin pans 2/3 full.

Mix the sugar and cinnamon for the topping. Sprinkle the tops with the sugar/cinnamon mixture.

Bake at 375°F for 15 to 20 minutes or until toothpick inserted in the center comes out clean.

Makes 12 muffins.

Tip: These muffins are best served warm.

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