

## Quick Mixes – Muffins

Makes 14 cups of mix. This will fill 2 half-gallon mason jars.

For vacuum sealing: Line 2 jars with gallon size zip loc baggie or bread bag. Fill with mix and twist bag closed. Vacuum seal.

5 cups all purpose flour  
5 cups whole wheat flour  
2 ½ cups sugar  
5 TB baking powder  
2 ½ tsp salt  
2 ½ tsp cinnamon

In a large bowl, combine flour, sugar, baking powder, salt, and cinnamon. Stir with a large spoon until evenly distributed. Put into a large airtight container.

## Melt in-your-mouth Muffins

2 2/3 cups muffin mix  
2 eggs, beaten  
1/2 cup milk  
½ cup butter, melted or ½ cup vegetable oil.  
½ tsp vanilla

Preheat oven to 400 F. Spray muffin pans with vegetable oil. Put muffin mix in a medium bowl. Combine egg, milk, vanilla, and butter or oil in a small bowl. Mix well. Add all at once to muffin mix. Stir until mix is just moistened; batter should be lumpy. Fill prepared muffin pans ¾ full. Bake for 18-20 minutes, until golden brown. Makes 10 large muffins.

Dried Fruit Muffins: Add 1 cup chopped dried fruit to liquid ingredients before mixing with dry ingredients.

Peach Muffins: Gently fold 1 cup diced fresh peaches into batter before filling muffin pans.

Banana Muffins: Mash 1 banana and add to liquid ingredients before adding liquid to muffin mix.

Blueberry Muffins: Gently fold 1 cup fresh, frozen or drained canned blueberries into basic muffin batter just before filling muffin pans.

## **Molasses Bran Muffins**

2 cups all bran cereal or 1 cup bran flakes  
¼ cup melted butter or oil  
¼ cup molasses  
1 cup milk  
1 egg  
½ cup raisins, optional  
1 ½ cups muffin mix

Preheat oven to 400 F. Spray muffin pans with vegetable cooking spray. In a medium bowl combine cereal, butter or oil, molasses, milk and egg. Let stand 5 minutes.

Add raisins, if desired, and Muffin mix. Stir just until ingredients are moistened. Fill prepared muffin pans  $\frac{3}{4}$  full. Bake 15-20 minutes, until edges are brown. Makes 10 large muffins.

## **Zucchini Muffins**

2 cups muffin mix  
½ cup sugar  
1 TB ground cinnamon  
1 cup grated zucchini  
1 egg, beaten  
½ cup butter, melted  
2 tsp vanilla

Preheat oven to 400 F. Spray muffin pans with vegetable oil. In a medium bowl, combine muffin mix, sugar and cinnamon. Combine zucchini, egg, butter and vanilla in a medium bowl.

Add all at once to dry ingredients. Stir until just moistened; batter should be lumpy. Fill prepared muffin pans  $\frac{3}{4}$  full. Bake 20-25 minutes until golden brown. Makes 10 medium muffins.

# Banana Muffins

2 ½ cup muffin mix

¼ tsp nutmeg

½ cup milk

1/3 cup oil

1 egg

1 medium ripe banana

Heat oven to 400 F. Line muffin pan with paper liners. Combine all liquid ingredients with banana in blender. Fold into muffin mix. Stir just until dry particles are moistened. Fill muffins cups 2/3 full.

Bake for 18-22 minutes or until golden brown. Immediately remove from pan.