

4 TOP OF THE MUFFIN RECIPES

All recipes can be made in a lined muffin pan.

Refrigerator Bran Muffins

Ingredients:

2 large eggs
1 c. sugar
½ c. butter, melted
1 c. black coffee
2 cups buttermilk
2 ½ cups flour
2 ½ t. baking soda
3 c. wheat bran cereal
1 c. coconut

*May add dried fruit and nuts

Instructions:

1. Whisk eggs, sugar and butter in large bowl.
2. Whisk in liquids.
3. Fold in bran cereal and coconut.
4. Let stand 15 minutes before putting in muffin cups.
5. Using a ¼ c. measure, scoop in batter to muffin cups.
6. Bake 20 minutes at 375 degrees.

Banana Oat Muffins

Ingredients:

3 ripe bananas, mashed
1 c. brown sugar
1 egg
1 t. vanilla
½ c. vegetable oil
2 c. whole wheat flour
1 c. rolled oats
1 t. cinnamon
1 T. baking powder
½ t. baking soda

Instructions:

1. Preheat oven to 350 degrees. Line 12 cup muffin pan with paper liners
2. In a large bowl, stir together bananas, brown sugar, egg, vanilla, and oil.

3. Combine the flour, oats, cinnamon, baking powder and soda and then stir in the banana mixture.
4. Spoon batter into muffin tin.
5. Bake for about 25 minutes.

Quiche Florentine Muffins

Ingredients:

1 ¼ c. milk
1 c. shredded cheese
4 eggs
2/3 c. Bisquick
½ c. Parmesan cheese
1 t. garlic powder
½ t. pepper
2 T. melted butter
1 box defrosted, drained chopped spinach

Instructions:

1. Combine milk, eggs, Bisquick, garlic powder, & pepper in bowl and mix together.
2. Add cheeses and spinach to milk mixture.
3. Pour into muffin pan and bake 25-30 minutes or until firm and golden.

Cajun Sausage & Cheese Muffins

Ingredients:

1 lb. ground Cajun sausage, cooked and crumbled
3 cups Bisquick
1 T. garlic powder
½ c. shredded Cheddar cheese
1 ¾ c. milk

Instructions:

1. Combined cooked sausage, baking mixture, garlic powder, and shredded cheese in a large bowl; make a well in the center of the mixture.
2. Add milk to the sausage mixture, stirring just until dry ingredients are moistened. Spoon into muffin pans, filling to the top of the cup.
3. Bake at 375 degrees for 20-25 minutes or until lightly brown.