



# Must-Make Muffins

12 Easy Muffin Recipes



A Free eCookbook from the Mr. Food Test Kitchen

"OOH IT'S SO GOOD!!®"



## **Must-Make Muffins: 12 Easy Muffin Recipes**

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Dear Friend,

When you're in a rush in the morning, it's easy to just skip breakfast or make a quick stop at a fast food place as you get ready to start your day. Neither of those should be your first choice for breakfast when you could grab a homemade muffin on your way out your door. Whether you're a fruity fan or a chocolate lover, we're sure we have a muffin recipe just for you.

Who can deny the broad appeal of a classic blueberry muffin recipe? If you're in a bit of a rush, you're going to love our **Shortcut Blueberry Muffins** (page 1) — minimal baking skills required! If you're looking for that fresh-from-the-bakery taste, we know you'll enjoy our **Blueberry Patch Muffins** (page 2). They're especially irresistible right out of the oven.

If you're a fan of a certain yellow fruit, you're going to love our section on banana muffin recipes. Your friends and family are going to be begging you for the secret behind our recipe for **Surprise 'Nana Muffins** (page 4). And the kids will be fans of our easy recipe for **Peanut Butter-Banana Muffins** (page 6). With a combo like that, what's not to love?

Alright, all of you chocolate fans, it's finally your turn — and we didn't disappoint! We hope your eyes aren't too big for your stomach because we've got some **Colossal Chocolate Muffins** (page 7) for you to sink your teeth into. Or, you can go in the opposite direction with our **Chocolate Chip Mini Muffins** (page 8). Big or small, you can bet these muffins are here to stay!

Apple muffin recipes are all the rage, especially when it gets closer to fall. Pop in a batch of our **Fresh Apple Cinnamon Muffins** (page 11) to get your house smelling heavenly all day long. If you're looking for a little crunch, you're going to love our mouth-watering recipe for **Apple Nut Muffins** (page 12). No matter what flavor you choose, we know you'll find the perfect muffin recipe full of that...

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P.S. Enjoy this eCookbook filled with 12 easy muffin recipes for an unforgettable, on-the-go breakfast. Remember, the *Must-Make Muffins* eCookbook is available FREE, with many others also available on [www.MrFood.com](http://www.MrFood.com). Go on, tell your friends to visit [MrFood.com](http://MrFood.com), so they too can get their very own FREE copies!

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# Shortcut Blueberry Muffins

No need to "sing the blues" about not enough time to bake yummy muffins from scratch! Find out how you can still whip up a batch in a snap with this delicious blueberry muffin recipe!

## Ingredients

2 cups pancake and baking mix  
1/2 cup sugar  
2/3 cup milk  
2 tablespoons vegetable oil  
1 egg  
Zest of 1 lemon  
3/4 cup fresh or frozen (thawed and drained) blueberries

**Makes:** 12 muffins

**Cooking Time:** 15 min



## Directions

1. Preheat oven to 400 degrees F. Coat 12-cup muffin tin with cooking spray, or line muffin tin with paper liners.
2. In a large bowl, stir together all ingredients except blueberries, just until moistened. Gently stir in blueberries. Divide batter evenly among muffin cups.
3. Bake 13 to 18 minutes, or until golden brown.



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# Blueberry Patch Muffins

Our lighter recipe for Blueberry Patch Muffins comes packing with "fresh from the blueberry patch" taste! These yummy homemade muffins will bake up quick making you a hero!

## Ingredients

**Makes:** 12 muffins

**Cooking Time:** 20 min

2 cups all-purpose flour  
1 tablespoon baking powder  
1/2 teaspoon salt  
1/2 cup sugar  
1/4 cup egg substitute  
1 cup low-fat milk  
1/4 cup sunflower oil  
1/4 teaspoon vanilla extract  
1 (16-ounce) can blueberries in heavy syrup, drained

## Directions

1. Preheat oven to 375 degrees F. Coat a 12-cup muffin tin with cooking spray.
2. In a large bowl, combine flour, baking powder, salt, and sugar. Add remaining ingredients except blueberries. Stir with a spoon just until blended. Gently fold in blueberries. Fill each muffin cup 3/4 full with batter.
3. Bake 20 to 25 minutes, or until tops are golden brown and spring back when lightly touched.



## Notes:

Don't confuse blueberries in heavy syrup with blueberry pie filling - they're different products.

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# Blueberry Muffins

There's nothing as satisfying as biting into a blueberry-packed, homemade blueberry muffin. This easy blueberry muffin recipe mixes up in no time, so let it make memories that last a lifetime!

## Ingredients

1-1/4 cups plus 2 tablespoons sugar, divided  
1/2 cup (1 stick) butter, softened  
2 eggs  
2 cups plus 1 tablespoon all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/2 cup milk  
1 teaspoon vanilla extract  
1 pint fresh or 1 (12-ounce) package frozen blueberries

Serves: 6

Cooking Time: 25 min



## Directions

1. Preheat oven to 375 degrees F. Line a 6-cup muffin tin with paper baking cups and coat with cooking spray.
2. In a large bowl with an electric mixer on medium speed, beat 1-1/4 cups sugar and the butter until creamy. Add eggs one at a time, beating well after each addition. Add 2 cups flour, baking powder, and salt; beat well. Add milk and vanilla, and beat until thoroughly combined.
3. Mash 1/2 cup blueberries and stir into batter. In a medium bowl, toss the remaining blueberries in the remaining flour. Stir into batter and spoon into baking cups, distributing batter evenly. Sprinkle tops with remaining sugar.
4. Bake 25 to 30 minutes, or until a toothpick inserted in center comes out clean. Remove to a wire rack to cool completely.

## Notes:

This will make 6 jumbo muffins or 12 cupcake-size muffins.

One recipe = 2 great tastes! Use this recipe to make chocolate chip muffins by replacing the blueberries with 1 cup chocolate chips.



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# Surprise 'Nana Muffins

What's the surprise? Little chunks of dried fruit and preserves hide in the middle of these banana muffins. And there's no fuss mashing bananas — just start with a packaged muffin mix!

## Ingredients

**Makes:** 6 muffins

**Cooking Time:** 5 min

- 1 (6.4 ounce) package banana nut muffin mix
- 1/3 cup buttermilk
- 1 large egg, lightly beaten
- 1/4 cup fig preserves or strawberry jam
- 2 tablespoons chopped dates or raisins

## Directions

1. Preheat oven to 400 degrees F. Lightly coat 6 muffin cups with cooking spray.
2. In a medium bowl, combine muffin mix, buttermilk, and egg; stir just until moist. Spoon about 1 tablespoon batter into each muffin cup, spreading batter to cover bottom of cups.
3. Spoon 2 teaspoons fig preserves and 1 teaspoon dates into center of each cup; divide remaining batter evenly among muffin cups to cover fruit. Bake 5 minutes. Remove from pan immediately.



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# Easy Banana Muffins

One little homemade touch can make a whole meal special. Just whip up our Easy Banana Muffins. They'll really perk up your bread basket or dessert tray.

## Ingredients

1/2 cup (1 stick) butter, softened  
1 cup sugar  
2 eggs  
3 ripe bananas  
1-1/4 cups all-purpose flour  
1/2 teaspoon baking soda

**Makes:** 12 muffins

**Cooking Time:** 25 min



## Directions

1. Preheat oven to 350 degrees F. Coat a 12-cup muffin tin with cooking spray.
2. In a large bowl, beat butter and sugar until creamy. Add eggs and beat until light and fluffy. Stir in bananas; mix well. Add flour and baking soda, mixing just enough to moisten.
3. Spoon batter into muffin cups and bake 25 to 30 minutes, or until a toothpick inserted in center comes out clean.



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# Peanut Butter-Banana Muffins

We put together 2 favorite flavors in one muffin and came up with Peanut Butter-Banana Muffins. Your family will be happy to find them in your bread basket!

## Ingredients

**Makes:** 12 muffins

**Cooking Time:** 25 min

1/2 cup (1 stick) butter, softened  
1 cup sugar  
2 eggs  
3/4 cup peanut butter  
3 ripe bananas, mashed  
1-1/4 cups all-purpose flour  
1/2 teaspoon baking soda  
1/4 cup chopped peanuts (optional)

## Directions

1. Preheat oven to 350 degrees F. Coat a 12-cup muffin tin with cooking spray.
2. In a large bowl, beat butter and sugar until creamy. Add eggs and beat until light and fluffy. Stir in peanut butter and bananas; mix well. Add flour and baking soda, mixing just enough to moisten. Spoon batter into muffin cups and sprinkle with nuts, if desired.
3. Bake 20 to 22 minutes, or until a toothpick inserted in center comes out clean.



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# Colossal Chocolate Muffins

With our recipe for Colossal Chocolate Muffins, you're in for a super double hit of chocolate! And you know what? We know you're gonna love 'em!

## Ingredients

**Makes:** 6 colossal-sized muffins (See notes)

**Cooking Time:** 15 min

1-1/2 cups all-purpose flour  
1 tablespoon baking powder  
1/4 teaspoon salt  
1/3 cup sugar  
1/2 cup unsweetened cocoa  
2 eggs, beaten  
3/4 cup milk  
1/2 cup (1 stick) butter, melted  
1 cup (6 ounces) semisweet chocolate chips



## Directions

1. Preheat oven to 400 degrees F. Coat a 6-cup muffin tin with cooking spray.
2. In a large bowl, combine flour, baking powder, salt, sugar, and cocoa. Add eggs, milk, and butter; mix well with a spoon. Add chocolate chips and mix just until combined. Fill each muffin cup 3/4 full with batter.
3. Bake 15 to 20 minutes, or until a toothpick inserted in center comes out clean. Remove muffins from pan and cool on a wire rack.

## Notes:



When the muffins cool, dust them with a bit of confectioners' sugar for a fancier-looking confection.

You can also bake these in a 12-cup muffin tin for regular-sized muffins. Just adjust your baking time accordingly.

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# Chocolate Chip Mini Muffins

This chocolate chip muffin recipe has just the right amount of chocolate in it so they muffins are not too sweet, but boy, are they good!

## Ingredients

**Makes:** 3 dozen muffins

**Cooking Time:** 20 min

2 cups self-rising flour  
1 (8-ounce) container sour cream  
1 cup butter, melted  
1/2 cup semisweet chocolate chips  
1/4 cup sugar  
1/4 teaspoon ground cinnamon

## Directions

1. Preheat oven to 400 degrees F. Coat miniature muffin tins with cooking spray.
2. In a large bowl, combine flour, sour cream, butter, and chocolate chips. Spoon batter into prepared muffin tins, filling full.
3. In a small bowl, combine sugar and cinnamon; sprinkle evenly over muffins.
4. Bake 20 minutes or until golden; remove muffins from pans, and cool on wire racks.



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# Chocolate Chip Banana Muffins

Everybody's favorite chocolate chip banana bread is now ready to go in an individually portioned muffin. Enjoy naturally sweet and potassium-packed bananas in this chocolate chip muffin recipe!

## Ingredients

1/2 cup (1 stick) butter, softened  
1 cup sugar  
2 eggs  
3 ripe bananas, mashed  
1-1/4 cups all-purpose flour  
1/2 teaspoon baking soda  
1 cup semisweet chocolate chips

**Makes:** 12 muffins

**Cooking Time:** 25 min



## Directions

1. Preheat oven to 350 degrees F. Coat a 12-cup muffin tin with cooking spray.
2. In a large bowl, beat butter and sugar until creamy. Add eggs and beat until light and fluffy. Stir in bananas; mix well. Add flour and baking soda, mixing just enough to moisten. Stir in chocolate chips.
3. Spoon batter into muffin cups and bake 25 to 30 minutes, or until a toothpick inserted in center comes out clean.



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# Apple Walnut Bran Muffins

Who said muffins can't be a little lighter yet still be packed with great taste? Maybe you should make a double batch of these, 'cause they freeze well (if there are any left after they hit your table).

## Ingredients

**Makes:** 12 muffins

**Cooking Time:** 15 min

1 cup toasted wheat bran (see Note)

1 cup all-purpose flour

1-1/2 teaspoons baking soda

1 teaspoon baking powder

1/2 teaspoon salt

1/4 cup chopped walnuts

3/4 cup low-fat plain yogurt

1/2 cup packed light brown sugar

1/4 cup egg substitute

1/3 cup applesauce

2 tablespoons molasses

1 apple, peeled, cored, and chopped

## Directions

1. Preheat oven to 400 degree F. Coat a 12-cup muffin tin with cooking spray.
2. In a large bowl, combine wheat bran, flour, baking soda, baking powder, salt, and walnuts; set aside.
3. In a medium bowl, combine yogurt, brown sugar, egg substitute, applesauce, and molasses; stir with a spoon until well mixed. Add yogurt mixture to wheat bran mixture and stir with a spoon just until blended. Gently fold in the apple.
4. Fill each muffin cup 3/4 full with batter and bake 15 to 20 minutes, or until tops are golden and spring back when lightly touched.



## Notes:

Toasted wheat bran can be found just that way (already toasted) in the supermarket cereal aisle.

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# Fresh Apple Cinnamon Muffins

This apple muffins recipe shows how easy it can be to put that extra special touch into a bread basket with our Fresh Apple Cinnamon Muffins.

## Ingredients

1-1/2 cups all-purpose flour  
1/3 cup sugar  
2 teaspoons baking powder  
1 teaspoon ground cinnamon, divided  
1/2 teaspoon salt  
1 egg  
1/2 cup milk  
1 apple, peeled, cored, and finely chopped  
4 tablespoons (1/4 cup) butter, melted  
1/3 cup chopped nuts (walnuts or pecans)  
1/4 cup packed brown sugar

**Makes:** 12 muffins

**Cooking Time:** 15 min



## Directions

1. Preheat oven to 375 degrees F. Coat a 12-cup muffin tin with cooking spray.
2. In a large bowl, combine flour, sugar, baking powder, 1/2 teaspoon cinnamon, and the salt.
3. In a medium bowl, beat together the egg and milk. Stir in chopped apple and melted butter. Add all at once to flour mixture; stir just until mixed (batter will be very stiff).
4. Spoon into prepared muffin tin, filling each cup about two-thirds full. Mix chopped nuts, brown sugar, and remaining cinnamon to make topping; sprinkle evenly over muffins.
5. Bake 15 to 20 minutes. Remove from pan immediately and serve warm.



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# Apple Nut Muffins

This wholesome homemade apple muffins recipe with walnuts is a welcome addition to your rise 'n' shine routine or as yummy edible gifts. Everybody loves homemade goodies, and these muffins are no exception!

## Ingredients

**Makes:** 12 muffins

**Cooking Time:** 20 min

2 cups all-purpose flour  
1/2 cup granulated sugar  
3 teaspoons baking powder  
1-1/2 teaspoons ground cinnamon, divided  
1/2 teaspoon salt  
2 eggs  
3/4 cup milk  
1 apple, peeled, cored, and finely chopped (about 1 cup)  
6 tablespoons butter, melted  
1/3 cup chopped walnuts  
1/4 cup packed light brown sugar

## Directions

1. Preheat oven to 375 degree F. Coat a 12-cup muffin tin with cooking spray.
2. In a large bowl, combine flour, granulated sugar, baking powder, 1 teaspoon cinnamon, and the salt; mix well.
3. In a medium bowl, beat eggs with milk. Stir in chopped apple and melted butter. Add apple mixture to flour mixture and stir just until moistened. (Batter will be very stiff.) Fill muffin cups 2/3 full with batter, distributing evenly.
4. Combine walnuts, brown sugar, and remaining cinnamon; mix well. Sprinkle nut mixture evenly over batter.
5. Bake 20 to 25 minutes, or until a toothpick inserted in center comes out clean. Immediately remove from muffin tin. Serve warm.



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