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**Sara’s Quick Muffins**

Recipe Source: Chef Sara Moulton Yield: 1 dozen

**Batter: Batter:**

**DRY ingredients WET ingredients**

1 cup all purpose flour ½ cup melted butter or

½ cup whole-wheat flour or margarine

1 ½ teaspoon baking powder 1 cup sour cream

¼ teaspoon baking soda 1 egg

¼ teaspoon salt 1 teaspoon vanilla

**EXTRAS: Circle choices**

**Sweet:** 1/3 cup granular sugar or 1/3 cup brown sugar, ½ cup chocolate chips, ¼ -½ cup sweetened shredded coconut, 3 T. brown sugar/1 t. cinnamon, ¼ cup jam, etc.

**Fruit:** ½ - 1 cup Fresh/Frozen/Canned (mashed or chopped banana, chopped pineapple, chopped apple, blueberry, pumpkin, etc.)

**Dried Fruit:** ½ - 1 cup (raisins, currents, apricots, cranberries, cherries, etc.)

**Protein:** OMIT vanilla, 1/2 cup grated cheese, ¼ cup bacon bits, ½ cup chopped nuts, 1/3 cup peanut butter, 1/3 cup Chia seeds, etc.

**Spice/Herb:** 1 t. cinnamon, ½ t. nutmeg, 2 T. poppy seeds, 2 t. orange or lemon zest.

**DIRECTIONS: (include cooking terms: stir, well, combine gently, moist, batter, grease)**

1. Preheat oven to 400.
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Bake 20 minutes, or until lightly browned and spring back when touched lightly in center. Remove the muffins from pans immediately, and place on the wire cooling rack.





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**Spice/Herb:** 1 t. cinnamon, ½ t. nutmeg, 2 T. poppy seeds, 2 t. orange or lemon zest

**DIRECTIONS:(include cooking terms: stir, well, combine gently, moist, batter, grease)**

1. Preheat oven to 400. (convection convert)
2. strainer. Stir **dry ingredients** till all pass through strainer or **sift**.
3. In Set strainer in a medium sized mixing bowl. Measure and place dry ingredients in small mixing bowl measure **wet ingredients**. Blend with a whisk.
4. Pour wet into **well** of dry. **Stir** till dry ingredients are moist. May be lumpy.
5. Measure 1-cup total combined special ingredients and gently **fold** into batter.
6. Spoon batter into 12 lined or greased muffin tins. Fill 2/3 full.
7. Bake 20 minutes, or until lightly browned and spring back when touched lightly in center. Remove the muffins from pans immediately, and place on the wire cooling rack.

