

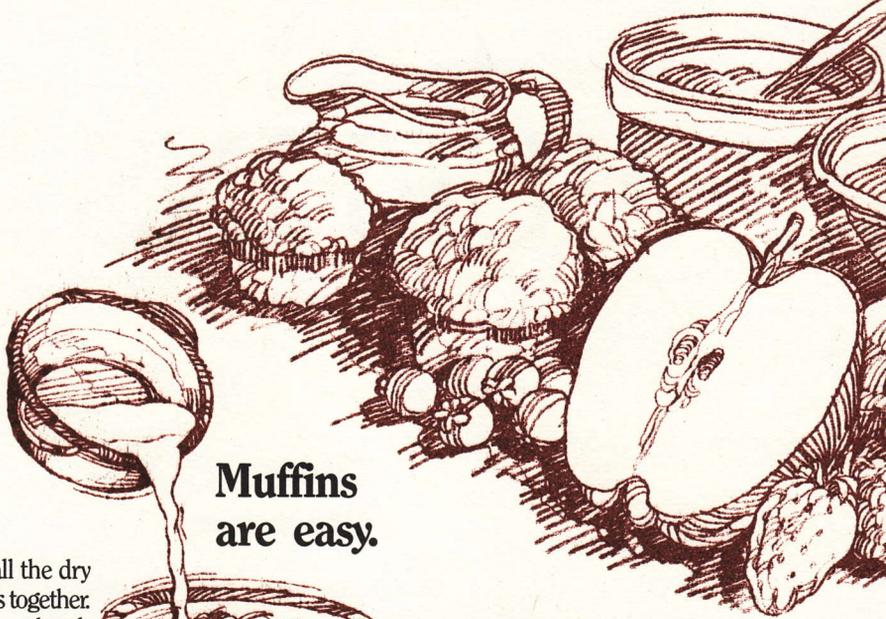
A·B·O·U·T

MUFFINS



*Martha
White*





Muffins are easy.

Just mix all the dry ingredients together. In another bowl, combine all the liquid ingredients. Add liquid to dry and stir just until moistened. Stir with just a few long strokes all the way to the bottom of the bowl. Batter should be lumpy. Overmixing makes tough muffins with peaks on top and an uneven tunneled texture.

Perfect muffins are light and tender with rounded pebbly tops. The crusts are shiny golden brown.

What about pans? Muffins brown best when baked in shiny aluminum pans. Our recipes have been tested in pans with 2½x1-inch muffin cups, but any size may be used. Just remember to fill only ⅔ full. Overfilling makes irregular shaped muffins. Very small muffins should be baked at the recommended temperature, but for a shorter time.

To reheat muffins, wrap in foil and heat in 400° oven for 15 to 20 minutes. You can also split, butter and toast them. Most muffins reheat well in a microwave oven—it only takes a few seconds.

CLASSIC MUFFINS

- 2 cups sifted Martha White Self-Rising Flour***
- 3 tablespoons sugar**
- 1 egg**
- 1 cup milk**
- 3 tablespoons vegetable oil or shortening, melted and cooled**

Preheat oven to 425 °F. Grease muffin pans. Combine flour and sugar in mixing bowl; set aside. In another bowl, beat egg; stir in milk and oil. Add liquid ingredients all at once to flour mixture. Stir only until flour is moistened. Fill muffin cups ⅔ full. Bake about 20 minutes, or until golden brown.

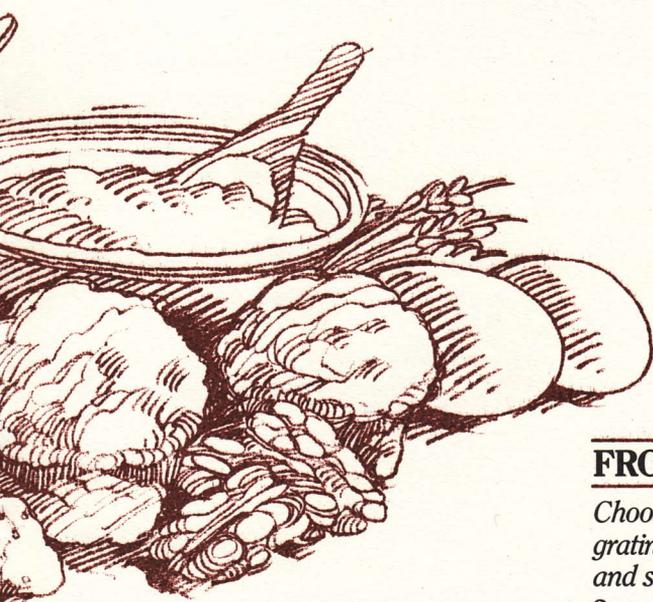
Makes about 12 muffins.

**If using Martha White All-Purpose Flour, sift 3 teaspoons baking powder and ¼ teaspoon salt with flour.*

VARIATIONS

Blueberry Muffins: Prepare Classic Muffin batter. Gently fold in 1 cup fresh or thawed and well-drained frozen blueberries.

Banana-Nut Muffins: Add ½ cup chopped pecans to flour mixture and 1 medium mashed banana to liquid ingredients.



WHOLE WHEAT MUFFINS

- 1 cup Martha White All-Purpose Flour
- 1 cup Martha White Whole Wheat Flour
- $\frac{1}{3}$ cup sugar, brown sugar *or* honey
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 egg
- 1 cup milk
- $\frac{1}{4}$ cup vegetable oil or shortening, melted and cooled

Preheat oven to 400 °F. Grease muffin pans. Combine flours, sugar, baking powder and salt in mixing bowl; set aside. In another bowl, beat egg; stir in milk and oil. Add liquid ingredients all at once to flour mixture. Stir only until flour is moistened. Fill muffin cups $\frac{2}{3}$ full. Bake about 15 minutes, or until golden brown.

Makes about 12 muffins.

VARIATIONS

Apple-Streusel Muffins: Add $\frac{1}{2}$ teaspoon cinnamon and 1 medium chopped apple to flour mixture. For streusel topping, combine $\frac{1}{2}$ cup firmly packed brown sugar, 1 tablespoon softened butter or margarine, $\frac{1}{2}$ teaspoon cinnamon and $\frac{1}{4}$ cup chopped nuts. Sprinkle over muffins before baking.

Wheat 'n More Muffins: Add $\frac{1}{2}$ cup of your favorite dried fruit or chopped nuts to flour mixture. Try raisins, chopped dates or apricots, pecans or walnuts.

FROSTY ORANGE MUFFINS

Choose oranges with thick peel for easier grating. Grate the peel first, then cut in half and squeeze juice.

- 2 cups sifted Martha White Self-Rising Flour*
- $\frac{1}{3}$ cup sugar
- 1 tablespoon grated orange peel
- 1 egg
- $\frac{3}{4}$ cup orange juice
- $\frac{1}{4}$ cup vegetable oil or shortening, melted and cooled

Orange Icing, below

Preheat oven to 400 °F. Grease muffin pans. Combine flour, sugar and orange peel in mixing bowl; set aside. In another bowl, beat egg; stir in orange juice and oil. Add liquid ingredients all at once to flour mixture. Stir only until flour is moistened. Fill muffin cups $\frac{2}{3}$ full. Bake about 18 minutes or until golden brown. Remove muffins from pan. Cool a few minutes, then spread with Orange Icing.

ORANGE ICING

- 1 package (3 ounces) cream cheese, softened
- 1 teaspoon orange peel
- 2 tablespoons sugar
- 2 teaspoons orange juice

Combine cream cheese, orange peel and sugar; stir to blend. Add orange juice and stir until smooth.

Makes about 12 muffins.

**If using Martha White All-Purpose Flour, sift 3 teaspoons baking powder and $\frac{3}{4}$ teaspoon salt with flour.*



BUTTER PECAN MUFFINS

- 1½ cups sifted Martha White Self-Rising Flour***
- 1 cup chopped pecans**
- ½ cup firmly packed brown sugar**
- 1 egg**
- ¾ cup milk**
- ¼ cup butter or margarine, melted and cooled**
- ½ teaspoon vanilla**

Preheat oven to 400 °F. Grease muffin pans. Combine flour, pecans and brown sugar in mixing bowl; set aside. In another bowl, beat egg; stir in milk, butter and vanilla. Add liquid ingredients all at once to flour mixture. Stir only until flour is moistened. Fill muffin cups ¾ full. Bake about 15 minutes, or until golden brown.

Makes 10 muffins.

**If using Martha White All-Purpose Flour, sift 2¼ teaspoons baking powder and ½ teaspoon salt with flour.*

DELUXE FRUIT MUFFINS

- 2 packages (7 ounces each) Martha White Fruit Muffin Mix (Blueberry, Strawberry or Blackberry)**
- 1 carton (8 ounces) dairy sour cream**
- ⅔ cup milk**

Preheat oven to 425 °F. Grease muffin pans. Empty muffin mix into a mixing bowl; set aside. In another bowl, empty sour cream. Gradually stir in milk until blended. Add sour cream mixture all at once to muffin mix. Stir only until flour is moistened. Fill muffin cups ¾ full. Bake about 15 minutes or until golden brown.

Makes about 12 muffins.

Martha White Foods

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SAVORY CHEESE MUFFINS

Makes soup or salad special

- 2 cups sifted Martha White Self-Rising Flour***
- 1 cup (4 ounces) grated sharp Cheddar cheese**
- 1 teaspoon dry mustard**
- ½ teaspoon chili powder**
- 1 egg**
- 1 cup milk**
- ¼ cup vegetable oil or shortening, melted and cooled**

Preheat oven to 425 °F. Grease muffin pans. Combine flour, cheese, mustard and chili powder in mixing bowl; set aside. In another bowl, beat egg; stir in milk and oil. Add liquid ingredients all at once to flour mixture. Stir only until flour is moistened. Fill muffin cups ¾ full. Bake about 18 minutes or until golden brown.

Makes about 12 muffins.

**If using Martha White All-Purpose Flour, sift 3 teaspoons baking powder and ¾ teaspoon salt with flour.*

FRENCH CINNAMON MUFFINS

- 2 cups sifted Martha White Self-Rising Flour***
- ½ cup sugar**
- ¼ teaspoon ground cinnamon**
- 1 egg**
- ⅓ cup butter or margarine, melted and cooled**
- ⅔ cup milk**

Topping, below

Preheat oven to 425 °F. Grease muffin pans. Combine flour, sugar and cinnamon in mixing bowl; set aside. In another bowl, beat egg; stir in butter and milk. Add liquid ingredients all at once to flour mixture. Stir only until flour is moistened. Fill muffin cups ¾ full. Bake about 15 minutes, or until golden brown.

Topping: Combine ¼ cup sugar and 1 teaspoon cinnamon. Remove muffins from pan. Dip tops of warm muffins in ¼ cup melted butter or margarine and then in cinnamon sugar mixture.

Makes about 12 muffins.

**If using Martha White All-Purpose Flour, sift 3 teaspoons baking powder and ¾ teaspoon salt with flour.*