

Delicious Dozen

A guide to baking muffins with fridge & pantry staples

Muffins are a tasty breakfast, snack, or dessert, and can be nutritious when they are homemade with whole wheat flour and minimal sugar. With this guide, you'll see how you can bake healthy muffins using ingredients you have on hand. Thanks to [Mark Bittman's Muffins, Infinite Ways recipe](#) for inspiring this guide.

STEP 1: Gather Your Supplies:

Is this your first time making homemade Muffins? **YUM!** The first thing you will want to do is figure out what ingredients and supplies you have.

INGREDIENTS

We suggest organizing a family meeting to figure out what ingredients and cooking tools are ok for you to use.

Look at the list below for the **ingredients** to gather before you begin to bake.

- **Dry Ingredients:** whole grain flour*, sweetener, salt, baking powder, baking soda
- **Wet Ingredients:** egg, milk, butter or oil
- **Mix-ins (Optional):** banana, frozen or fresh blueberries, grated carrot or zucchini, lemon zest, diced or grated apple, cinnamon

*We suggest using **whole grain flour** for the most nutritious muffins. Do you want to learn more about why whole grain flour is more nutritious? Check out our guide on "[Why Choose Whole Grains.](#)"

TOOLS

Here is a list of **tools** to gather to make your muffins:

- Muffin pan or 8 x 8 square or 9 inch round or loaf pan
- Paper muffin cup liners OR use butter or oil to grease the pan
- 2 medium or large bowls
- Large spoon to stir
- Measuring cups, or use a drinking cup and just make sure to use the same drinking cup for all measurements
- Measuring spoons, or use a normal spoon and just make sure to use the same spoon for all measurements
- Whisk or fork for whisking ingredients together
- Spatula or large spoon to put batter in muffin pan



STEP 2: Plan Your Delicious Dozen

Use this handy chart to make decisions about the ingredients you will use to customize your own muffins before you move on to cooking in Step 3.

	Flour	What type of flour do you have to use? You will need 2 cups. You can use one type of flour or a combination of different types of flours!
	Milk Butter or Oil	What type of milk do you have to use? Any type of milk will work for these muffins, including lactose-free and dairy-free milk. You will need 1 cup of milk. Will you use butter or oil? You will need 3 TBSP of butter or oil, plus a little bit more for greasing the pan.
	Mix-Ins: Fruits or Veggies Nuts or Seeds	What will you mix into your muffins?

SKILL BUILDING:

If you want some helpful tips (for grown ups and kids) on how to make muffins that you will love, take a look at our [helpful tips on how to make muffins that you'll love](#).

STEP 3: Time to Cook your Delicious Dozen

Muffins Infinite Ways, by Mark Bittman

Use this wonderful recipe from Mark Bittman for guidance with ingredient measurements and the order in which to combine your ingredients.



Ingredients

- 3 TBSP melted butter or a neutral oil (grapeseed or corn) plus more for the muffin pan
- 2 cups whole grain flour
- 1/4 cup sugar, or to taste
- 1/2 tsp salt
- 3 tsp baking powder
- 1 egg
- 1 cup milk of any kind, plus more if needed
- (Optional) 1 cup fruit or veggie mix-ins of your choice: *blueberries, mashed banana, grated apple, grated carrot, grated zucchini*
- (Optional) 1/2 cup nut mix-ins of your choice: *chopped walnuts or pecans, sliced or chopped almonds*
- (Optional) 2 TBSP seed mix-ins of your choice: *poppy seeds, pumpkin seeds, flaxseeds*

Directions

Heat the oven to 375°F. Grease a 12-cup muffin pan or line it with paper or foil muffin liners.

Mix together the dry ingredients (flour, sugar, salt, baking powder) in a large bowl with a mixing spoon, fork, or whisk.

In another bowl, whisk together the wet ingredients (egg, milk, and melted butter or oil) with a whisk or fork.

Pour the wet ingredients into the dry ingredients.

Using a large spoon or rubber spatula, gently combine the ingredients, stirring and folding rather than beating. Stop mixing as soon as all the dry ingredients are moistened. The batter won't be perfectly smooth, and that's OK. It should look thick and moist. You can add a little bit more milk if it looks too dry to you.

Spoon the batter into the muffin cups, filling them almost to the top. Bake for about 20 minutes or until nicely browned and a toothpick inserted in the center of a muffin comes out clean, or when you gently press the top of the muffins and they spring back. If you are using a square or round pan baking time is longer, 25-30 minutes. Test with a toothpick or knife, which should come out with just crumbs attached to it. If it's wet, it needs to keep cooking.

Remove muffins from the oven and let rest for 5 minutes before taking them out of the cups. Enjoy!

Cooled muffins can store for 2-3 days in a sealed container on the counter, or keep them in the freezer for up to 6 months, defrosting one or more muffins any time you want to enjoy them.