

BASIC MUFFIN RECIPE + VARIATIONS

Prep Time: 5 mins

Cook Time: 20 mins

Makes: 12

INGREDIENTS

- 2 cups wholemeal flour
- 3 tsp. baking powder
- 1/3 cup raw or brown sugar (because it tastes nicer – more or less to taste)
- 1 egg
- 1 tsp. vanilla (optional)
- 1/2 cup oil
- 1 cup milk
- 1 cup of your chosen flavouring or as per variations listed below

DIRECTIONS

1. Preheat oven to 200°C or 180°C fan-forced.
2. Sift flour and baking powder into a large bowl. Stir in sugar.
3. In a separate jug, mix together egg, oil and milk.
4. Add wet ingredients + extra flavours to dry ingredients and fold through gently.
5. Line muffin tin and spoon mixture evenly into muffin holes.
6. Bake for 20 minutes or until a skewer comes out clean (for Jumbo muffins, bake for 25-30 minutes, for mini muffins, bake for 10 – 15 minutes).

ADDITIONAL INGREDIENTS - ADD THESE TO THE BASIC MIX

1. **blueberry** (add 1 cup of blueberries (fresh or frozen))
2. **blueberry & passionfruit** (add 1 cup of blueberries and the pulp of 4 passionfruit)
3. **raspberry & white choc chip** (add 1 cup of raspberries (fresh or frozen) + 1/2 cup white choc chips)
4. **berry & yoghurt** (add 1 cup of berries of choice (fresh or frozen) + substitute milk with yoghurt)
5. **strawberry** (add 1 cup chopped strawberries (fresh or frozen))
6. **raspberry & almond** (add 1 cup of raspberries + 1/2 cup almond flakes)
7. **apple & cinnamon** (add 1 cup of chopped fresh apple + 1/2 tsp. cinnamon)
8. **pear & cardamom** (add 1 cup of chopped fresh pear + 1/2 tsp. cardamom)
9. **plum** (add 1 cup chopped plums – nice with plum: cinnamon and vanilla)
10. **chocolate** (substitute ¼ cup of flour with ¼ cup of cocoa)
11. **chocolate & sour cream** (substitute ¼ cup of flour with ¼ cup of cocoa and substitute milk with sour cream + 1 Tbsp. extra)
12. **choc chip** (add 1 cup choc chips)
13. **choc, choc- chip** (substitute ¼ cup of flour with ¼ cup of cocoa + 1 cup choc chips of choice)
14. **banana** (add 1 cup mashed banana)
15. **banana & yogurt** (add 1 cup mashed banana and substitute milk with yoghurt)
16. **banana & nut** (1 cup of banana + 1/2 cup of chopped nuts)
17. **banana & choc chip** (add 1 cup of mashed banana + 1/2 cup choc chips)
18. **peach** (add 1 cup of diced fresh or tinned peaches)
19. **berry cheesecake** (add 1 cup of berries and a dollop of sweetened cream cheese to the middle of the muffins (add 1/2 muffin mixture, dot with cream cheese and then add the rest of the muffin mixture))

20. **cherry chocolate** (add 1 cup pitted and chopped cherries + substitute ¼ cup of flour with ¼ cup of cocoa)
21. **pineapple & coconut** (add 1 cup crushed pineapple + 1/2 cup flaked coconut)
22. **mango and coconut** (add 1 cup dice mango + 1/2 cup flaked or desiccated coconut) ©frugalandthriving.com.au
23. **macadamia & white chocolate** (add 1 cup chopped macadamia nuts + 1/2 – 1 cup of which choc chips)
24. **citrus & poppy seed** (substitute 1/4 cup of the milk with 1/4 cup of lemon or orange juice + add 1 Tbsp. poppy seeds – soak these in the milk first)
25. **lemon & sour cream** (substitute 1/2 the milk with lemon juice and the other half with sour cream)
26. **lemon & ricotta cheese** (substitute 3/4 cup of milk with ricotta cheese + add 2 Tbsp. lemon juice and the zest from 1 lemon)
27. **orange, coconut & carrot** (substitute milk with orange juice + add 1 cup grated carrot + 1/2 cup desiccated coconut)
28. **sultana** (add 1 cup of sultanas)
29. **rum & raisin** (add 1 Tbsp. rum + 1 cup raisins – maybe not for the kid's lunchbox though ;))
30. **date** (add 1 cup chopped dates)
31. **date & nut** (add 1 cup chopped dates + 1/2 cup chopped nuts)
32. **carrot, ginger and sultana** (add 1/2 cup grated carrots, 1/2 cup sultanas + 1/2 tsp. ground ginger)
33. **carrot and apple** (add 1/2 cup grated carrot + 1/2 cup grated or finely chopped apple and if you like 1/2 tsp. of your favourite spice like ginger, cinnamon, nutmeg or allspice.)
34. **orange and coconut** (substitute milk with orange juice + add 1/2 cup desiccated coconut)
35. **coffee and walnut** (add 1 tsp. instant coffee + 1 cup chopped walnuts)
36. **coffee date & pecan** (add 1 tsp. instant coffee + 1/2 cup chopped dates + 1/2 cup chopped pecans or walnuts)
37. **spiced zucchini** (add 1 cup of grated zucchini, well squeezed of moisture + 1 tsp. cinnamon + 1/2 tsp. nutmeg)
38. **zucchini & pumpkin seeds** (add 1 cup of grated zucchini, well squeezed of moisture + 1/2 cup pumpkin seeds + 1 tsp. cinnamon)
39. **Nutella** (add a dollop of Nutella and swirl with a toothpick before baking)
40. **pumpkin** (add 1 cup of mashed cooked pumpkin + 1 tsp. pumpkin spice)
41. **pumpkin & cream cheese** (swirl a dollop of sweetened cream cheese through above recipe before baking)
42. **spinach, ham & sun-dried tomato** (add handful of baby spinach leaves + 1 cup of ham + 1/2 cup chopped sun-dried tomatoes + leave out the sugar and vanilla)
43. **cheese** (add 1 cup grated cheese + leave out the sugar and vanilla)
44. **ham & cheese** (add 1 cup grated cheese + 1/2 cup chopped ham + leave out the sugar and vanilla)
45. **ham, cheese & olive** (add 1 cup grated cheese + 1/4 cup of chopped ham + 1/4 cup chopped olives + leave out the sugar and vanilla)
46. **zucchini and ham** (add 1 cup grated zucchini, well squeezed of moisture + 1 cup of chopped ham + leave out the sugar and vanilla)
47. **feta & roast capsicum** (add 1/2 cup chopped feta + 1 cup chopped roast capsicum + leave out the sugar and vanilla)
48. **feta & roast pumpkin** (add 1/2 cup chopped feta + 1 cup roast pumpkin + leave out the sugar and vanilla)
49. **cheese, ham & mushroom** (add 1 cup grated cheese + 1/2 cup chopped ham + 1/2 cup cooked mushroom slices + leave out the sugar and vanilla)
50. **cheese, spinach and pesto** (add 1 cup grated cheese + good handful of baby spinach leaves + 2 Tbsp. of pesto or more to taste + leave out the sugar and vanilla)
51. **cheese, corn & sun-dried tomato** (add 1/2 cup grated cheese + 1 cup corn + 1/2 cup chopped tomatoes + leave out sugar and vanilla)
52. **cheese vegetable & herb** (add 1/2 cup of grated cheese + 1 cup grated vegetables (like zucchini or carrot) + 2 Tbsp. chopped fresh herbs like dill or parsley or basil)

There are endless variations! I've only mentioned a few. For example, you could make blueberry and passionfruit muffins, or mango and passionfruit, coconut and passionfruit, passionfruit and macadamia nut, passionfruit and almond, passionfruit and yoghurt, blueberry passionfruit and yoghurt...you get the idea. Experiment, use what's on hand and have fun!

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