

BUILD YOUR OWN MUFFINS AND SCONES

Family Edition



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ABOUT THE AUTHORS

Mike taught agricultural mechanics and agricultural education at a California university where his fellow staff frequently got to test his homemade muffins.

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INTRODUCTION

Muffins and scones are wonderful quick breads that have endless variations. They are very forgiving to make and can enhance almost any meal. People commonly think of them as breakfast or brunch foods but they can go well with lunch, dinner, or a light supper. The premise of this book is that you can learn the basic proportions of a recipe, a rough blueprint if you will, and then “build” your own by adding and substituting ingredients. Don’t be afraid to experiment! Experimenting is half the fun of making these treats and the other half is eating your creation, of course! Do not be afraid to fail. Like all experiments the results may vary, but rarely will you have a result that you will not eat.

Baking is also a fun activity for kids of all ages. Muffins and scones take a half hour or less from start to finish (well perhaps a bit more time with a 5 year old). Typically, younger children take longer to get the batter or dough into the oven so you may not get the highest rising quick bread, but they will taste fine. Don’t forget younger children will need help with the oven for safety reasons. An added benefit to involving your children in baking is that it will enhance their abilities to read directions, measure, and do fractions.

SERVING SUGGESTIONS

For breakfast or brunch quick breads can be the main part of the meal served with butter, jelly, or plain. Juice or fruit also pair well. Quick breads can also be added to a traditional breakfast of eggs and meat.

For other meals, quick breads can be served on the side. For example, serve corn muffins with soup for a light supper or scones with fruit and yogurt for lunch. Scones or corn muffins can be served as part of a dinner in place of yeast rolls. Generally, recipes with less sweetener go better with savory meals.



INGREDIENTS

Understanding a bit about the “building” materials will help you in your recipe construction. The guide below lists common ingredients you may want to try and how they can affect taste, texture, and the recipe as a whole.

FLOURS AND GRAINS

Flour is the main ingredient in any bread, but there are many types to choose from.

All-purpose white wheat flour is mild in flavor and is preferred for lighter breads. Bleached or unbleached, both work fine in most recipes.

Whole wheat flour makes baked goods denser and courser. For most recipes whole wheat flour can be substituted for ½ of the white flour without any problems. Whole wheat scones and muffins will be darker in color.

Oat flour contains no gluten. If used alone try adding an extra egg to the recipe. Oat flour usually can be substituted for part of the wheat flour without modification of the recipe. Note that not all oat flours are “gluten free” in the dietary sense. Check the label before buying if this is a concern.

Old-fashion oats are a nice ingredient to add texture. Try substituting one cup of oats for a ½ cup of the total flour.

Brans are the outer covering of the grain. They are higher in oil and fiber than the rest of the seed. Bran will become rancid if stored for long periods (but can last longer if frozen). Brans do not absorb water as well as flour so liquid will need to be adjusted if large substitutions are made. Brans also add a

distinctive course texture. Oat and wheat brans are commonly available.

Rice flour (no gluten) is light and bland. It will tend to make muffins crumblier which can be offset with an additional egg.

Cornmeal is ground corn and commonly used for corn bread and corn muffins. In small quantities it can add texture to muffins. Corn muffins commonly use corn meal to flour in a 1:1 ratio.

Masa de harina is finely ground corn flour used in Mexican cooking for tortillas and tamales. It makes tasty muffins and scones with a distinctive corn flavor. Try substituting for part of the flour in a recipe. Good additions to use with masa (or corn meal) are diced chilies, cheddar cheese, or dried hot peppers.

Amaranth flour has a distinctive flavor and is higher in fat than wheat flour. Try substituting for up to $\frac{1}{4}$ of the wheat flour in your favorite recipe. It is high in lysine, an essential amino acid.

SWEETENERS

White sugar adds sweetness with no flavor and is common in muffin and scones recipes with a range of 2 tablespoons to $\frac{1}{2}$ cup in the batch (2 cups of flour).

Brown sugar (light or dark) has a light molasses flavor and can be used in a recipe or as part of a sweet topping added before baking.

Molasses should be used sparingly to start as it has a strong flavor. As a liquid sugar you must decrease the liquid slightly when using it. Its distinctive rich flavor is strong, but goes well with an oat or bran muffin recipe. Substitute $\frac{1}{3}$ cup molasses plus $\frac{1}{4}$ teaspoon baking soda for $\frac{1}{4}$ cup of white sugar and

reduce the oven temperature by 25 degrees. In general, replace no more than half of the sugar in the recipe with molasses.

Honey like molasses is a liquid and you must reduce the liquid. A $\frac{1}{3}$ cup of honey = $\frac{1}{2}$ a cup of white sugar + 2 tablespoons of water. Honey is also acidic; for a $\frac{1}{3}$ cup of honey reduce the baking powder by a teaspoon and add $\frac{1}{4}$ teaspoon of baking soda.

Low calorie sweeteners can be used to replace sugar in a recipe. Some of these products replace sugar 1:1 (volume) and will require no adjustment in the recipe. If the sweetener is a liquid experiment by adding additional flour to get the right consistency in the batter. If the replacement ratio is not 1:1 adjust the flour or liquid. See Blueberry muffing recipe.

LEAVENING

Baking powder is the most common leavening ingredient for muffins and scones. It contains baking soda (sodium bicarbonate) and a powdered acid (calcium acid phosphate). When moistened, the two powders react to create a leavening gas.

Baking soda is a base and requires an acid to react with to create the leavening gas. This can be an acidic liquid like buttermilk or yogurt. To achieve the desired result when using buttermilk instead of milk, substitute baking soda for some or all of the baking powder. As a rule for each cup of buttermilk used in place of sweet milk, reduce the amount of baking powder by two teaspoons, and replace with $\frac{1}{2}$ teaspoon of baking soda.

Cream of tartar (sodium aluminum sulfate) is an acidic power and can be used with baking soda to leaven muffins and scones.

Substitute ½ teaspoon of cream of tartar and ¼ teaspoon of baking soda for a teaspoon of baking powder.

OILS AND FATS

Oils and fats make muffins moist by blocking the absorption of water by the flour. They also add lots of calories. Fats that are solid at room temperature such as butter, margarine, and shortening are high in saturated fats and commonly used in scones. Oils can be substituted for fat, but at slightly lesser quantity (4tablespoons fat = 3tablespoons oil).

Butter: Adds a distinct rich flavor. Butter is “cut” into flour for scones but may be melted and added with the liquid in muffins.

Margarine: Has a milder flavor than butter and can be used as a direct substitute in scones and muffins.

Shortening: Comes in different mild flavors (butter or plain) and can be used as a direct substitute for butter in scones.

Vegetable oils: Commonly used in muffins.

Olive oil: Can be substituted for vegetable oil. It will add distinct but mild flavor which is especially nice in herb muffins.

OIL AND FAT SUBSTITUTES

If you are looking to reduce fat in your muffins you can replace them with fruit purees, low or non-fat cottage cheese, tofu, or non-fat yogurt. While ingredients perform a similar action as oils and fats they do change the texture and flavor.

Applesauce: Substitute an equal amount as the oil or fat. Reduce the liquid a bit. Applesauce does not add much flavor.

Bananas: Puree with the liquid in a blender. Substitute an equal amount as the oil or fat. Adds a banana flavor which works well with chocolate and spices.

Prunes: Puree with the liquid in a blender. Substitute an equal amount as the oil or fat. Prunes add a mild flavor. Brown in color.

Pumpkin (or other mild squash): Puree with the liquid in a blender. Substitute an equal amount as the oil or fat. Pumpkin adds a mild flavor which works well with chocolate and spices. Orange in color.

Non-fat Yogurt: Mix with the liquid in a blender. Substitute an equal amount as the oil or fat. Reduce liquid a bit in the recipe to make the batter thick. Note: In higher quantities use baking soda for leavening (see buttermilk recipes).

CHOCOLATE

Chocolate is a reoccurring theme in many muffin recipe collections. It is simple to add, especially in the form of semi-sweet chips to many recipes. Unsweetened cocoa powder is also easy to use. Add about 3-4 tablespoons along with some extra sugar (1-2 tablespoons) to the recipe. If you are a true fan of chocolate you should add both! You can use baking chocolate by melting and stirring into the batter. Baking chocolate has fat so either reduce the fat in the recipe or enjoy the extra calories. Chocolate goes well with fruit and citrus flavors.

LIQUIDS

Milk, half and half, and cream in various forms are the most common form of liquids. Scones are commonly made with cream, but non-fat milk can work just fine with a lot fewer calories, but may affect the texture slightly. Rich milk products like cream, whole milk and half and half add fat to the recipe so these recipes may call for less oil or shortening than those with non-fat milk. Buttermilk and yogurt are acidic so less baking powder is needed and baking soda is commonly used. (See Leavening.) Hint: dry buttermilk works well for muffins. Mix with water before adding to the recipe.

Eggs add richness to a recipe. An egg added to the common biscuit makes it a scone. An egg or two is common for muffins.

Fruit juice can be substituted for milk in recipes. Apple juice adds very little flavor. Orange and cherry juices will add distinctive flavor and color.

Milk substitutes like almond and soy milk can be used to replace milk. Some of these products are sweetened and/or flavored which will change the flavor of the muffin.

SEASONINGS

Salt is a flavor enhancer. Bakers on a low salt diet should feel free to omit or reduce the salt in a recipe with little to no structural effect.

Cinnamon is a staple spice in many recipes that contain chocolate, bananas, pumpkin, and other spices.

Cardamom and coriander add distinctive flavors to a muffin. Add a ¼ teaspoon a batch to start and adjust to taste if needed.

Herbs like rosemary, thyme, sage, and basil can be used to make savory muffins to serve with a soup. Dried red peppers are a common addition to corn muffins that gives them some kick.

ADD-INS

Dried fruit such as apples, cherries, raisins, dates, and currents are all great additions to both muffins and scones. Start with a $\frac{1}{2}$ cup. Dried fruit has the advantage over fresh fruit in that it doesn't add moisture to the batter. Add to the dry ingredients just before adding the liquid.

Orange zest is a nice aromatic addition and goes well with chocolate.

Fresh fruit like apples or cherries work well in muffins. Chop to small chunks. Fresh fruit adds a lot of moisture and runs the risk of making muffins too moist. Drain any excess liquid and start with a $\frac{1}{2}$ cup. Adding more than a $\frac{1}{2}$ cup will require reducing the liquid.

Nuts of all varieties add texture and flavor. Walnuts and pecans are the most common. Chop nuts into small chunks and start with about a $\frac{1}{2}$ cup per 12 muffins.



VEGAN OPTIONS

Omitting eggs and butter will make most recipes vegan. There are numerous options for butter. A good substitute for eggs is ground flax seed. For one egg use 1 T of flax seed and 2 T of water. Let sit for a few minutes before using. Generally, muffins will be a bit heavier without the eggs, but adding a bit more backing power will compensate.

TOOLS

Cooking is partly about having the right tools. Fortunately baking requires few tools and is forgiving if you can't afford the latest and greatest gadgets. Mike started with (and still uses) muffin pans and a pastry blender he bought in a thrift store as a teenager and uses stainless steel baking sheets he made in the shop from sheet metal scraps!

BAKING SHEETS

For baking sheets we prefer simple flat sheets that are plain stainless steel or aluminum. Avoid sheets with sides as you run the risk of scones touching the edges and over browning. "Air" sheets will not brown the bottoms of scones and add time to baking.

MUFFIN PANS

Muffin pans come in different materials such as aluminum, steel, and silicone. They also can be coated or plain. Sizes vary from mini, standard, and large (giant). We prefer the standard size (2 ½ inches) and have both 6 muffin pans and 12 muffin pans. Having an extra 6 muffin pan is very useful when we make a batch too big for a 12 muffin pan! 18 and 24 muffin pans are also available if you need to cook in larger batches. Giant and mini

sizes are also available. Large muffins typically take twice the batter and minis about half so adjust your recipe or count accordingly. Remember that each style of pan cooks a bit differently and sometime adjustment may be required. Different size muffins will also greatly change the cooking time. Cooking time for standard muffins is usually about 18-22 minutes in a conventional oven.

MUFFIN CUPS

Muffin cups (liners) work well for wet or messy muffins, like blueberry and can add a more finished look for an event.

However, we generally avoid cups as muffins must completely cool before eating or they will not release well.

Instead coat pans with grease or cooking spray. Muffin cups come in paper or foil.



DUTCH OVENS

If you are a camper simply make your muffins in a Dutch oven. Pre-heat the Dutch oven to 375-400°. Spoon batter into muffin cups (foil work well) and place in the Dutch oven. Expect to bake a bit longer (30 minutes). Additional coals on the lid will help brown the tops.

MEASURING CUPS AND SPOONS

A good set of measuring cups and spoons are invaluable are useful for dry ingredients. We favor stainless steel as they last the longest and clean up the easiest. One cup and two cup heat resistant glass measuring cups are useful for measuring and mixing wet ingredients and melting butter in the microwave.

MIXING BOWLS

For most things we prefer a broad stainless steel bowl. However most anything will do as long as it is big enough to easily mix up a batch without spilling over the edges.

UTENSILS

For scones you need a pastry blender to mix in the butter, margarine, or Crisco (two table knives used crossways can work in a pinch but are not ideal). For general mixing a dinner fork is fine. For muffins use a cupped rubber or silicon spatula. Not only does it get to the bottom of the bowl, but it is also great for filling the muffin cups.

Ovens

Any conventional, or convection, or gas, or electric oven can be used for baking. We prefer a conventional electric oven for scones and muffins. Microwave ovens just are not good for baking as they don't brown and tend to cook too fast.

TIMERS

We are firm believers in timers since we commonly forget when the pan was put in the oven. Set the timer for a few minutes less than you think you need so you can check its progress and ensure nothing bakes too long. It's much easier to add a minute or two than undo over-baking!

BAKING

GENERAL TIPS

Always pre-heat the oven. With practice it is easy to complete the batter or dough during the time it takes the oven to heat.

Minimize the time between adding liquid to the dry ingredients and placing in the oven. You don't want the batter or dough to rise in the bowl.

Oven temperatures between 425° and 375° are appropriate for most recipes. In most ovens a rack placed about 2/3 from the bottom works well. Use lower temperatures for recipes with more sugar since it will brown faster at higher temperatures.

Avoid placing muffins on two different racks. If you need to do this for big batches then increase the baking time by a few minutes and swap pan locations and direction halfway through baking. Also offset if possible to avoid the lower pan from receiving excess steam.

ALWAYS ensure the quick breads are properly baked. Under-cooked (doughy) is bad. Check before serving and you can always put back in the oven if necessary. Over-cooked is also bad (especially for muffins) since dry or burned quick breads are not very appetizing. If you are new to baking or testing out a new recipe, set the timer for less time than estimated and check often. Factors that affect cooking times are:

- Oven temperature: remember that the temperature you set the oven to may not be the actual temperature. If you are worried about this, place a standalone thermometer inside the oven.

- Placement in the oven. The top of an oven is hotter, but the direct heat from the element or burner will affect the bottom of the baking pan too. Experiment and find your oven's "happy spot" for even baking.
- Convection ovens take considerably less time since they circulate the hot air around the baking pan. Note rack position may be different for convection settings than conventional settings in the same oven.
- Size of the muffin or score. Large sizes take longer.
- The type of muffin pan. Aluminum takes a bit less time than steel pans.

MUFFINS

Fill cups about 2/3 full for a standard sized muffin. Filling the cup full will make the muffins bigger, but also runs the risk of the edges sticking together. Adjust the cooking time up for fuller cups.

Unless you are using muffin cup (paper), grease with butter or shortening or use spray to coat the pan.

SCONES

Scones can be prepared several ways depending on your taste. The consistency of the dough will be a bit different for each method. It is a good idea to lightly grease the baking sheet prior to use

With soft (sticky) dough you can make "drop" scones by placing large spoonfuls of dough on a baking sheet. Dropped scones are generally 2 ½ inches across. Try and make each scone about the same size. Decrease cooking time since these will cook faster than other types.

A single large scone can be baked on a sheet. These are 8-10 inches in diameter and $\frac{3}{4}$ inch thick. Dough should be firm, but not dry. Use a large French knife to cut the dough into 8 parts (like a pie) before baking. Pre-cutting makes serving easier.

Individual scones can also be cut out into shapes. Dough should be just dry enough to roll out and not stick. Knead the dough just enough for the dough to become well incorporated and smooth enough to roll out. Do not knead the dough any more than necessary. Roll out the dough $\frac{1}{2}$ to $\frac{3}{4}$ of an inch thick. Cut out with a biscuit cutter (or a wide mouth water glass). Use a large cutter (2+ inches). Another option is to cut the dough into 3 to 4 inch squares with a French knife then cut each square in half on the diagonal to make triangles.

PINWHEELS

Pinwheels are made with biscuit type dough that is rolled out and then filled with sugar, nuts, and dried fruit like cinnamon rolls. This is much quicker than yeasted bread and has a scone like texture. Any muffin or scone recipe can be used for the dough by reducing the liquid to make dough that is rolled out then adding a filling of fruit or nuts with sugar and spices.

BUILDING YOUR OWN

Muffins and scones can be built from the basic recipes by adding in ingredients for flavor and making minor adjustments.

Experimentation is encouraged! Listed below are some basic guidelines. Muffins are more forgiving than scones.

Dried fruit and nuts can be added up to about a cup with no needed adjustments.

Fresh fruit should be chopped finely and be used sparingly in scones since it will make them moist. Start with a cup or less.

Chocolate chips can be added up to about a cup per standard recipe. Mini chips are best. Full size chips will be more intense and less evenly distributed since they are larger and will be melted in warm muffins or scones.

Bananas, yogurt, or applesauce can be added to replace most if not all of the oil in muffins. This is a nice low fat alternative. Generally, substitute equal amounts. Canned pumpkin also works but adds a lot of flavor and color.

Oatmeal is a nice addition to many muffin recipes and adds a coarser texture. Add some additional liquid to offset the oatmeal. Start with 2 tablespoons of liquid per ½ cup of oatmeal.

Adding bran will increase the fiber content of muffins or scones. Start with 2 tablespoons of liquid per ½ cup of additional bran. For scones substitute up to ½ cup of bran for the flour.

Adjust the liquid to make the right consistency. Muffins should be a thick batter and scones a slightly sticky dough.

BASIC RECIPES

OK so where to start? Below are some “Basic” recipes to get you going. By themselves they make good textured muffins and scones, but are a bit boring in taste. Use these as a blueprint to start building your own favorite recipes.

Nutritional analysis was provided by verywellfit¹. Generally, the analysis was made using the largest quantity and low fat milk.

BASIC MUFFINS

2 cups Flour
¼ cup Sugar
3 teaspoons Baking powder
¼ teaspoon Salt

1-2 Large eggs
2 tablespoons Vegetable oil
1 cup Milk

Mix dry ingredients. Add other ingredients as desired. Blend moist ingredients. Combine and add additional milk as needed. Place in muffin cups and bake at 400°F for about 16-18 minutes.

Nutrition							
Servings	12	Calories	135	Carbohydrates	21.7g	Protein	3.9g
Fat	3.7g	Sodium	73g	Cholesterol	33mg	Fiber	.6g

¹ <https://www.verywellfit.com/recipe-nutrition-analyzer-4157076>

BASIC WHOLE WHEAT MUFFINS

2 cups Whole wheat flour
¼ cup Sugar
3 teaspoons Baking powder
¼ teaspoons Salt

1-2 Large eggs
2 tablespoons Vegetable oil
1 cup Milk

Mix dry ingredients. Add other ingredients as desired. Blend moist ingredients. Combine and add additional milk as needed. Place in muffin cups and bake at 400°F for about 16-18 minutes.

Nutrition							
Servings	12	Calories	135	Carbohydrates	21.7g	Protein	3.9g
Fat	3.7g	Sodium	73g	Cholesterol	33mg	Fiber	.6g

BASIC BUTTERMILK MUFFINS

2 cups Flour
¼ cup Sugar
1 teaspoon Baking powder
½ teaspoon Baking soda
¼ teaspoon Salt

1-2 Large eggs
2 tablespoons Vegetable oil
1 cup Buttermilk

Mix dry ingredients. Add other ingredients as desired. Blend moist ingredients. Combine and add addition milk as needed. Place in muffin cups and bake at 400°F for about 16-18 minutes.

Nutrition							
Servings	12	Calories	132	Carbohydrates	21.3g	Protein	3.9g
Fat	3.5g	Sodium	136g	Cholesterol	32mg	Fiber	.6g

BASIC CORNMEAL MUFFINS

¾ cup	Flour
1 ¼ cups	Cornmeal
¼ cup	Sugar
2 teaspoons	Baking powder
¼ teaspoon	Salt
2	Large eggs
2 tablespoons	Vegetable oil
1 cup	Milk

Mix dry ingredients. Add other ingredients as desired. Blend moist ingredients. Combine and add addition milk as needed. Place in muffin cups and bake at 400°F for about 16-18 minutes.

Nutrition							
Servings	12	Calories	133	Carbohydrates	21.4g	Protein	3.6g
Fat	4.1g	Sodium	77g	Cholesterol	33mg	Fiber	1.2g

BASIC SCONES

2 cup Flour
¼ cups Sugar
3 teaspoons Baking powder
¼ teaspoon Salt
¼ - ½ cup Butter or Shortening

1-2 Large eggs
½ cup Milk

Mix dry ingredients. Add other ingredients as desired. Blend moist ingredients. Combine and add additional milk as needed to make a dry (not sticky) dough. Place on cookie sheet in a 8" round. Cut into 1/8ths with a larger knife and bake at 400°F for about 16 minutes.

Nutrition							
Servings	12	Calories	178	Carbohydrates	21.2g	Protein	3.6g
Fat	8.9g	Sodium	123g	Cholesterol	52mg	Fiber	.6g

BASIC BUTTERMILK SCONES

2 cups Flour
¼ cup Sugar
1 teaspoon Baking powder
½ teaspoon Baking soda
¼ teaspoon Salt
¼ cup Butter or Shortening

1 Large egg
½ cup Buttermilk (low or non-fat is OK)

Mix dry ingredients. Add other ingredients as desired. Blend moist ingredients. Combine and add additional milk as needed to make a dry (not sticky) dough. Place on cookie sheet in a 8" round. Cut into 1/8ths with a larger knife and bake at 400°F for about 16 minutes.

Nutrition							
Servings	12	Calories	136	Carbohydrates	20.8g	Protein	3.1g
Fat	4.5g	Sodium	147g	Cholesterol	26mg	Fiber	.6g

PRE-ASSEMBLED RECIPES

Not quite ready to build your own? Here are some “pre-assembled” recipes that have been tested by our family and friends. Of course these recipes can be experimented on! Enjoy.

BUTTERMILK DROP SCONES

Drop scones have a “prickly” look and don’t require rolling. Dough is moister than a biscuit or scone dough.

2 cups	Flour
¼ cup	Sugar
1 teaspoon	Baking powder
½ teaspoon	Baking soda
¼ teaspoon	Salt
¼ cup	Butter or Shortening
1	Large egg
½ cup	Buttermilk (low or non-fat is OK)

Mix dry ingredients using a pastry blender. Blend moist ingredients. Combine and add additional milk as needed to make a sticky dough. Using a spoon drop 2-3” scones on a cookie sheet about ½” apart. Bake at 400°F for about 16 minutes.

Nutrition							
Servings	12	Calories	136	Carbohydrates	20.8g	Protein	3.1g
Fat	4.5g	Sodium	147g	Cholesterol	26mg	Fiber	.6g

APPLE SCONES

2 cups	Flour
¼ cup	Sugar
1 teaspoon	Baking powder
½ teaspoon	Baking soda
¼ teaspoon	Salt
¼ cup	Butter or Shortening
1 cup	Chopped apples
1 teaspoon	Cinnamon
2 tablespoons	Sugar
1	Large egg
½ cup	Buttermilk (low or non-fat is OK)

Combine apples, cinnamon, 2 tablespoons sugar and set aside. Mix dry ingredients using a pastry blender. Add apple mix. Blend moist ingredients. Combine and add additional milk as needed to make a sticky dough. Using a spoon drop 2-3" scones on a cookie sheet about ½" apart. Bake at 400°F for about 16 minutes.

Nutrition							
Servings	12	Calories	154	Carbohydrates	25.6g	Protein	3.1g
Fat	4.6g	Sodium	147g	Cholesterol	26mg	Fiber	1.1g

CURRENT SCONES

2 cups Flour
¼ cup Sugar
3 teaspoons Baking powder
¼ teaspoons Salt
¼ - ½ cup Butter or Shortening
¼ teaspoons Coriander

½ cup Currents (or raisins)
1-2 Large eggs
½ cup Orange juice

Mix dry ingredients. Blend moist ingredients including currents. Combine and add additional orange juice as needed to make a dry (not sticky) dough. Place on cookie sheet in a 8" round. Cut into 1/8ths with a larger knife and bake at 400°F for about 16 minutes.

Nutrition							
Servings	12	Calories	195	Carbohydrates	216.6g	Protein	3.5g
Fat	8.8g	Sodium	119g	Cholesterol	51mg	Fiber	.8g

SOUTH WEST SCONES

These are good for a lunch with soup.

2 cups	Flour
¼ cup	Sugar
3 teaspoons	Baking powder
¼ teaspoon	Salt
½ teaspoon	Dried peppers
½ teaspoon	Cumin
¼ - ½ cup	Butter or Shortening

1-2	Large eggs
½ cup	Milk

Mix dry ingredients. Blend moist ingredients. Combine and add additional milk as needed to make a dry (not sticky) dough. Roll out about ½" thick and cut into 2"-3" squares. Place on cookie sheet and bake at 400°F for about 16 minutes.

Nutrition							
Servings	12	Calories	180	Carbohydrates	21.6g	Protein	3.7g
Fat	9g	Sodium	123g	Cholesterol	52mg	Fiber	.8g

CINNAMON SCONES

2 cups	Flour
¼ cup	Sugar
1 teaspoon	Baking powder
½ teaspoon	Baking soda
¼ teaspoon	Salt
¼ cup	Butter or Shortening
1	Large egg
½ cup	Buttermilk (low or non-fat is OK)

Topping

2 tablespoons	Sugar
1 teaspoon	Cinnamon

Mix dry ingredients using a pastry blender. Blend moist ingredients. Combine and add additional milk as needed to make a sticky dough. Using a spoon drop 2-3" scones on a cookie sheet about ½" apart. Top with cinnamon and sugar mix (hint: place mix in a shaker and shake on scones). Bake at 400°F for about 16 minutes.

Nutrition							
Servings	12	Calories	144	Carbohydrates	23g	Protein	3.1g
Fat	4.5g	Sodium	1347g	Cholesterol	26mg	Fiber	.7g

CHERRY / CHOCOLATE SCONES

2 cups	Flour
½ cup	Sugar
1 teaspoon	Baking powder
½ teaspoon	Baking soda
¼ teaspoon	Salt
3 tablespoons	Unsweetened cocoa
1 cup	Dried cherries
1	Large egg
¼ cup	Butter or Shortening
½ cup	Buttermilk (low or non-fat is OK)

Combine apples, cinnamon, 2 tablespoons sugar and set aside. Mix dry ingredients using a pastry blender. Add cherries to dry ingredients. Blend moist ingredients. Combine and add additional milk as needed to make a sticky dough. Using a spoon drop 2-3" scones on a cookie sheet about ½" apart. Bake at 400°F for about 16 minutes.

Nutrition							
Servings	12	Calories	166	Carbohydrates	28.8g	Protein	3.4g
Fat	4.7g	Sodium	147g	Cholesterol	26mg	Fiber	1.2g

CHOCOLATE ORANGE MUFFINS

2 cups	Flour
½ cup	Sugar
1 teaspoon	Baking powder
½ teaspoon	Baking soda
¼ teaspoon	Salt
3 tablespoons	Unsweetened cocoa
	Grated orange peel from a medium orange
½ cup	Semi-sweet chocolate chips
2	Large eggs
4 tablespoons	Vegetable oil
½ cup	Buttermilk
½ cup	Orange Juice

Mix dry ingredients. Blend moist ingredients. Combine and add additional milk as needed. Place in muffin cups and bake at 400°F for about 16-18 minutes.

Nutrition							
Servings	12	Calories	218	Carbohydrates	32.8g	Protein	4.5g
Fat	8.5g	Sodium	126g	Cholesterol	31mg	Fiber	1.7g



PUMPKIN CHOCOLATE MUFFINS

2 cups	Whole wheat flour
¼ cup	Sugar
3 teaspoons	Baking powder
¼ teaspoon	Salt
½ cup	Semi-sweet chocolate chips
½ cup	Pumpkin (canned)
2	Large eggs
1 tablespoon	Vegetable oil
½ cup	Milk

Mix dry ingredients. Blend moist ingredients. Combine and add additional milk as needed. Place in muffin cups and bake at 400°F for about 16-18 minutes.

Nutrition							
Servings	12	Calories	176	Carbohydrates	28.6g	Protein	4.3g
Fat	5.1g	Sodium	69g	Cholesterol	32mg	Fiber	.9g

CHOCOLATE CHERRY MUFFINS

2 cups Whole wheat flour
½ cup Sugar
3 teaspoon Baking powder
¼ teaspoon Salt
¼ cup Un-sweetened cocoa

½ cup Dried cherries
2 Large eggs
4 tablespoons Vegetable oil
1 cup Milk

Mix dry ingredients. Blend moist ingredients with cherries. Combine and add additional milk as needed. Place in muffin cups and bake at 400°F for about 16-18 minutes.

Nutrition							
Servings	12	Calories	191	Carbohydrates	30.9g	Protein	4.2g
Fat	6.2g	Sodium	74g	Cholesterol	33mg	Fiber	1.4g

BROWN SUGAR OAT MUFFINS

2 cups Flour
1 cup Old fashion oats
½ cup Brown Sugar
3 teaspoons Baking powder
¼ teaspoons Salt

2 Large eggs
¼ cup Vegetable oil
1 ¼ cups Milk

Mix dry ingredients blending brown sugar well. Blend moist ingredients. Combine and add additional milk as needed. Place in muffin cups and bake at 375°F for about 20 minutes.

Nutrition							
Servings	12	Calories	177	Carbohydrates	26g	Protein	4.5g
Fat	6.3g	Sodium	77g	Cholesterol	33mg	Fiber	.9g

BRAN MUFFINS

2 cups Whole wheat flour
1 cup Wheat bran
¼ cup Sugar
3 teaspoons Baking powder
¼ teaspoon Salt

2 Large eggs
3 tablespoons Vegetable oil
1 ¼ cups Milk

Mix dry ingredients. Blend moist ingredients. Combine and add additional milk as needed. Place in muffin cups and bake at 400°F for about 16-18 minutes.

Nutrition							
Servings	12	Calories	158	Carbohydrates	25.1g	Protein	4.8g

Fat	5.2g	Sodium	76g	Cholesterol	33mg	Fiber	2.7g
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WHOLE WHEAT OAT MUFFINS

Whole wheat flour gives the muffins a courser texture.

½ cup All-purpose Flour
1 cup Whole wheat flour
1 cup Old fashion oats
¾ cup Brown Sugar
2 teaspoons Baking powder
½ teaspoons Salt

2 Large eggs
¼ cup Butter (melted)
¾ cups Milk

Mix dry ingredients blending brown sugar well. Blend moist ingredients; butter should be barely melted not hot Combine and add additional milk as needed. Optionally add ¼ cup of raisins. Place in muffin cups and bake at 375°F for about 20 minutes.

Nutrition							
Servings	12	Calories	176	Carbohydrates	27.2g	Protein	4.7g
Fat	5.8g	Sodium	147g	Cholesterol	42mg	Fiber	2.2g

BOSTON BROWN BREAD MUFFINS

Remember the canned brown bread? These are similar in taste due to the molasses.

2 cups	Flour
¼ cup	Sugar
3 teaspoons	Baking powder
¼ teaspoon	Salt

½ cup	Raisins
¼ cup	Dark molasses
1	Large eggs
2 tablespoons	Vegetable oil
1 cup	Milk

Mix dry ingredients. Blend moist ingredients and raisins. Combine and add additional milk as needed. Place in muffin cups and bake at 375°F for about 16-18 minutes.

Nutrition							
Servings	12	Calories	167	Carbohydrates	31.6g	Protein	3.5g
Fat	3.4g	Sodium	71g	Cholesterol	17mg	Fiber	.8g

BANANA CHOCOLATE MUFFINS

A great way to use over ripe bananas!

2 cups	Flour
½ cup	Sugar
3 teaspoons	Baking powder
¼ teaspoon	Salt
½ cup	Semi-sweet chocolate chips
1-2	Ripe banana
2	Large eggs
1 tablespoon	Vegetable oil
½ cup	Milk

Mix dry ingredients. Blend banana and moist ingredients in a blender. Combine and add additional milk as needed. Place in muffin cups and bake at 375°F for about 20 minutes.

Nutrition							
Servings	12	Calories	197	Carbohydrates	34.3g	Protein	4.3g
Fat	5.1g	Sodium	68g	Cholesterol	32mg	Fiber	.9g

BANANA CHOCOLATE CHIP MUFFINS

A variation of the above recipe with whole wheat flour and yogurt.

1 cup	Flour
1 cup	Whole wheat flour
½ cup	Sugar
½ cup	Oat bran
1 teaspoon	Baking powder
½ teaspoon	Baking soda
½ cup	Chocolate chips
1	Large Ripe Banana
½ cup	Plain Yogurt
2	Large eggs
1 teaspoon	Vanilla
¼ teaspoon	Salt
1 tablespoon	Vegetable oil
½ cup	Milk

Mix dry ingredients.
Blend moist ingredients
in bowl or blender.
Combine and add
additional milk as
needed. Place in muffin
cups and bake at 375°F
for about 18 minutes.



Nutrition							
Servings	12	Calories	204	Carbohydrates	36.4g	Protein	6.4g
Fat	5.4g	Sodium	133g	Cholesterol	34mg	Fiber	3.3g

BANANA CHOCOLATE CHIP MUFFINS 2.0

A variation of the previous recipe with whole wheat flour and yogurt.

1 cup	Flour
1 cup	Whole wheat flour
½ cup	Oat bran
½ cup	Sugar
1 teaspoon	Baking powder
½ teaspoon	Baking soda
¼ teaspoon	Salt
½ cup	Semi-sweet chocolate chips

1	Large Ripe Banana
½ cup	Plain Yogurt
2	Large eggs
1 teaspoon	Vanilla
1 tablespoon	Vegetable oil
½ cup	Milk

Mix dry ingredients. Blend wet ingredients in bowl or blender. Combine and add additional milk as needed. Place in muffin cups and bake at 375°F for about 18 minutes.

Nutrition							
Servings	12	Calories	220	Carbohydrates	38.9g	Protein	6.5g
Fat	6g	Sodium	127g	Cholesterol	32mg	Fiber	3.1g

APPLE WALNUT MUFFINS

2 cups Whole wheat flour

½ cup Brown sugar

½ cup Rolled oats

1 teaspoon Baking powder

½ teaspoon Baking soda

¼ teaspoon Salt

½ cup Walnuts, chopped

1 teaspoon Cinnamon

1 tablespoon Sugar

1 Lg. Apple, chopped

2 Large eggs

2 tablespoons Vegetable oil

1 ½ cups Buttermilk

Chop apple into fine pieces mix with cinnamon and sugar (mixed). Mix remaining dry ingredients. Blend moist ingredients. Combine apple, wet and dry ingredients. Add addition milk as needed. Place in muffin cups and bake at 375°F for about 20 minutes.

Nutrition							
Servings	12	Calories	201	Carbohydrates	30.1g	Protein	5.9g
Fat	6.8g	Sodium	148g	Cholesterol	29mg	Fiber	1.8g

CHOCOLATE YOGURT MUFFINS

2 cups Whole wheat flour
½ cup Sugar
¼ cup Unsweetened cocoa
1 ½ teaspoons Baking powder
½ teaspoon Baking soda
¼ teaspoon Salt

½ cup Plain yogurt
2 Large eggs
2 T Vegetable oil
½ cup Milk

Mix dry ingredients. Blend moist ingredients in bowl. Combine and add additional milk as needed. Place in muffin cups and bake at 375°F for about 18 minutes.

Nutrition							
Servings	12	Calories	113	Carbohydrates	17.9g	Protein	3.6g
Fat	4g	Sodium	127g	Cholesterol	32mg	Fiber	1.9g



BLUEBERRY MUFFINS

1 cup	Flour
1 cup	Whole wheat flour
½ cup	Sugar
1 teaspoon	Baking powder
½ teaspoon	Baking soda
¼ teaspoon	Salt
1 tablespoon	Lemon rind, grated
1 tablespoon	Lemon juice
2	Large eggs
2 tablespoons	Vegetable oil
1 cup	Buttermilk
6 oz	Fresh blueberries

Rinse blueberries and drain. Mix dry ingredients. Blend moist ingredients in bowl. Combine and add additional milk as needed. Fold in blueberries. Place in muffin cups and bake at 375°F for about 18-20 minutes.

Nutrition							
Servings	12	Calories	139	Carbohydrates	24.4g	Protein	3.7g
Fat	3.5g	Sodium	136g	Cholesterol	32mg	Fiber	1.7g



BLUEBERRY MUFFINS (LOW CALORIE)

1 cup	Flour
1 cup	Whole wheat flour
½ cup	Splenda zero calorie
1 teaspoon	Baking powder
½ teaspoon	Baking soda
¼ teaspoon	Salt
1 tablespoon	Lemon rind, grated
1 tablespoon	Lemon juice
2	Large eggs
2 tablespoons	Unsweetened Applesauce
1 cup	Buttermilk
6 oz	Fresh blueberries

Rinse blueberries and drain. Mix dry ingredients. Blend moist ingredients in bowl. Combine and add additional milk as needed. Fold in blueberries. Place in muffin cups and bake at 375°F for about 18-20 minutes.

Nutrition							
Servings	12	Calories	88	Carbohydrates	16.5g	Protein	3.7g
Fat	1.2g	Sodium	136g	Cholesterol	32mg	Fiber	1.7g

SWEET POTATO MUFFINS

2 ½ cups	Flour
¾ cup	Brown sugar
3 teaspoons	Baking powder
1 teaspoon	Cinnamon
¼ teaspoon	Salt
¼ teaspoon	Ground ginger
½ cup	Chopped pecans

1 cup	Mashed Sweet Potato
2	Large eggs
2 tablespoons	Vegetable oil
½-1 cup	Non-Fat Milk
Topping	
1 teaspoon	Cinnamon
2 tablespoons	Sugar

Mix topping and set aside. Mix dry ingredients. Blend moist ingredients in bowl. Combine and add additional milk as needed. Place in muffin cups, sprinkle topping over batter, and bake at 375°F for about 18 minutes.

Nutrition							
Servings	12	Calories	206	Carbohydrates	39.2g	Protein	4.2g
Fat	3.8g	Sodium	75g	Cholesterol	31mg	Fiber	1.1g

ORANGE-CURRENT MUFFINS

1 cup	Flour
1 cup	Whole wheat flour
1 cup	Wheat bran
½ cup	Sugar
3 ½	Baking powder
teaspoons	
¼ teaspoon	Coriander
½ teaspoon	Salt
½ cup	Currents
	Grated orange rind (from medium orange)
2	Large eggs
¼ cup	Vegetable oil
1 cup	Milk

Mix dry ingredients. Blend moist ingredients in bowl. Combine and add additional milk as needed. Place in muffin cups and bake at 375°F for about 18 minutes.

Nutrition							
Servings	12	Calories	195	Carbohydrates	32.8g	Protein	5.1g
Fat	6.5g	Sodium	120g	Cholesterol	33mg	Fiber	3.9g

APPLE PINWHEELS

2 ½ cups Flour
1/3 cup Sugar
1 ½ teaspoon Baking powder
½ teaspoon Baking soda
¼ teaspoon Salt

4 tablespoons Butter
1 Large eggs
½ cup Buttermilk
½-1 cup Milk

Filling

2 tablespoons Melted butter
1 ½ teaspoons Cinnamon
6 tablespoons Sugar
1 cup Diced apples

Mix dry ingredients, cut in butter using a pastry blender. Blend moist ingredients in bowl. Combine to make a stiff dough. Roll out about a ½" thick. Brush melted butter on the dough and place filling evenly on the dough and roll the dough into a "log". Cut into 12 pieces and lay on a cookie sheet about ½" apart. Bake at 400°F for about 12-15 minutes.

Note: Apples can be raw or cooked. Apples can be quickly cooked after chopping in a microwave. Cover in a heatproof dish and microwave on high for 1-2 minutes.

Nutrition							
Servings	12	Calories	218	Carbohydrates	35.5g	Protein	4.3g
Fat	7g	Sodium	171g	Cholesterol	33mg	Fiber	1.3g

SWEET POTATO - RAISIN PINWHEELS

2 cups	Flour
2 tablespoons	Brown sugar
2 ½ teaspoons	Baking powder
1 ½ teaspoons	Cinnamon
¼ teaspoons	Salt
4 tablespoons	Butter
1	Large egg
1/3 - ½ cup	Milk
½ cup	Mashed sweet potatoes (1/2 of 29 oz. can, drained)

Filling

2 tablespoons	Melted butter
1 ½ teaspoons	Cinnamon
¼ cup	Brown sugar
¼ - ½ cup	Chopped pecans
¼ cup	Raisins or currents

Mix dry ingredients, cut in butter using a pastry blender. Blend moist ingredients in bowl. Combine to make a stiff dough. Roll out about a ½" thick. Brush melted butter on the dough and place filling evenly on the dough and roll the dough into a "log". Cut into 12 pieces and lay on a cookie sheet about ½" apart. Bake at 400°F for about 12-15 minutes.

Nutrition							
Servings	12	Calories	185	Carbohydrates	26.6g	Protein	3.5g
Fat	7.5g	Sodium	113g	Cholesterol	32mg	Fiber	1.1g

ORTEGA CORNMEAL MUFFINS

¾ cup	Flour
1 ¼ cups	Cornmeal
¼ cup	Sugar
2 teaspoons	Baking powder
¼ teaspoons	Salt
1-7 oz. can	Diced green chilies
2	Large eggs
2 tablespoons	Vegetable oil
1 cup	Milk
¼ - ½ cup	Grated cheddar cheese

Mix dry ingredients. Drain chilies. Mix moist ingredients. Combine and add additional milk as needed. Place in muffin cups and top with cheese. Bake at 400°F for about 16-18 minutes.

Nutrition							
Servings	12	Calories	152	Carbohydrates	21.5g	Protein	4.8g
Fat	5.6g	Sodium	112g	Cholesterol	38mg	Fiber	1.2g

CORN MUFFINS

¾ cup	Flour
1 ¼ cups	Cornmeal
¼ cup	Sugar
2 teaspoons	Baking powder
¼ teaspoon	Salt
½ - 1 cup	Canned corn, drained
2	Large eggs
2 tablespoons	Vegetable oil
1 cup	Milk
¼ - ½ cup	Grated cheddar cheese

Mix dry ingredients. Drain corn. Mix moist ingredients.

Combine and add additional milk as needed. Place in muffin cups and top with cheese. Bake at 400°F for about 16-18 minutes.

Nutrition							
Servings	12	Calories	163	Carbohydrates	23.8g	Protein	5.2g
Fat	5.8g	Sodium	108g	Cholesterol	38mg	Fiber	1.5g

CHEESY CORNMEAL MUFFINS

¾ cups	Flour
1 ¼ cup	Cornmeal
¼ cup	Sugar
2 teaspoons	Baking powder
¼ teaspoons	Salt
1 cup	Grated cheddar cheese
2	Large eggs
2 tablespoons	Vegetable oil
1 cup	Milk
¼ cup	Grated cheddar cheese (topping)

Mix dry ingredients including cheese. Mix moist ingredients. Combine and add additional milk as needed. Place in muffin cups and top with cheese. Bake at 400°F for about 16-18 minutes.

Nutrition							
Servings	12	Calories	180	Carbohydrates	21.5g	Protein	6.5g
Fat	8g	Sodium	150g	Cholesterol	45mg	Fiber	1.2g

SWEET POTATO BISCUITS

This recipe was adapted from a Maryland Eastern Shore family recipe. They are great with soups or dinner. They keep well and can be reheated in a microwave. Biscuits are good served with honey butter or apple butter.

3 cups	Flour
$\frac{3}{4}$ cup	Sugar
2 teaspoons	Baking powder
1 teaspoon	Salt
2 Cups	Mashed sweet potatoes*
$\frac{1}{2}$ cup	Vegetable oil

Mix dry ingredients in a large bowl. Add sweet potatoes and oil in a glass measuring cup and warm in the microwave. Mash the sweet potato mixture until smooth. Add sweet potatoes to dry ingredients. Mix until all mixture is moistened. Dough will be moist. Roll out on a well-floured board $\frac{1}{2}$ " to $\frac{3}{4}$ " thick. Cut out with a biscuit cutter** or glass. Bake 400 for about 15-20 minutes. Do not over brown.

* We use a 29 oz. can, well drained.

** We use a small cutter for potlucks and dinners, a large cutter when served with soup or stew.

Nutrition							
Servings	18	Calories	175	Carbohydrates	27.8g	Protein	2.2g
Fat	6.3g	Sodium	132g	Cholesterol	0mg	Fiber	.8g

