

Prep time: 10 minutes
Cook time: 25 minutes
Total time: 35 minutes
Makes: 12

Muffin Recipe

Ingredients:

- 2 cups all-purpose flour
- 3 teaspoons baking powder
- 1/2 teaspoon salt
- 3/4 cup white sugar
- 1 egg
- 1 cup milk
- 1/4 cup vegetable oil

Directions:

1. Preheat oven to 400 degrees F
2. In a large bowl, stir together the dry ingredients, the flour, baking powder, salt and sugar. Then make a well in the center of the mixture.
3. In a small bowl, beat the eggs with a fork and then stir in the milk and oil. Pour all the mixture into the flour mixture.
4. Mix quickly the mixture all together until moistened. Now pour the mixture into the muffin pan cups.
5. Bake for 25 minutes or until golden brown.



You can make these muffins into multiple types:

- Blueberry muffins: Add 1 cup of fresh blueberries
- Raisin muffins: Add 1 cup of finely chopped raisins
- Date muffins: Add 1 cup of finely chopped dates.
- Cheese muffins: Fold 1 cup of grated sharp yellow cheese.



Southern Food and Beverage Museum makes Peanut butter and Jelly muffins, but you can make any type you want! Don't forget to share your muffin creations at jennie@southernfood.org!

Muffin Activity

The muffin recipe used today can be used to make sweet or savory muffins. If you look at the recipe, there are recipes for blueberry muffins, dried fruit muffins, as well as bacon muffins. Using a recipe book or an internet source, find a sweet muffin recipe and a savory muffin recipe and fill in the worksheet below:

Source: _____

Name of the muffin: _____

Is it a sweet or savory muffin? _____

Write 3 ingredients from the particular muffin recipe:

1. _____

2. _____

3. _____

Source: _____

Name of the muffin: _____

Is it a sweet or savory muffin? _____

Write 3 ingredients from the particular muffin recipe:

1. _____

2. _____

3. _____

Muffin Exit Activity

1. What type of muffin did you make?

2. Was it a sweet or savory muffin?

3. What ingredient did you use in your muffin? (For example, was it fruit or nuts?)

4. Draw the steps of making the muffins in the boxes below:

1. Mixing in the dry ingredients:	2. Mixing the dry and wet ingredients together:
3. Pouring the mixture in the muffin tin:	4. The final muffin!