Choose Your Own Adventure Muffins

Prep Time: 20 Minutes
Bake Time: 15-20 Minutes
Cool: 5 Minutes
Makes 12 muffins

2 cups **Flour**
(pick one)
- Flour (any type)
- 1 cup flour and 1 cups oats
- Blended oats
- Almond flour

1/4 cup **Sweet**
(pick one)
- Granulated white sugar
- Brown sugar
- Honey
- Maple syrup
- 6 dates, chopped or blended

3/4 cup **Moist-Maker**
(pick one)
- ricotta cheese
- sour cream
- yogurt
- shredded zucchini
- pumpkin
- applesauce

3/4 cup **Liquid**
- Milk
- Cream
- Buttermilk
- Milk + 1 tablespoon vinegar (to make buttermilk)
- Water

2 Tablespoon **Fat**
(pick one)
- Butter
- Coconut Oil

3/4 cup **Stir-Ins**
(pick one)
- Blueberries (fresh or frozen)
- Chocolate chips
- Dried fruit

2 eggs

1 1/2 teaspoon **baking powder**

1/2 teaspoon **baking soda**

1/4 teaspoon **salt**

**Basic Instructions**
- Preheat oven to 400 Degrees
- Grease muffin tin
- Mix dry ingredients: Flour, Sweet, baking soda, baking powder, and salt
- Mix wet ingredients: eggs, Moist-Maker, Liquid, and Fat (melted).
- Combine dry and wet ingredients together until just mixed.
- Mix in Stir-Ins
- Spoon batter into prepared muffin tins
- Bake 15-20 minutes