

Quick Breads and Muffin Recipes

Banana Muffins

Dry Ingredients:

- 1 cup all-purpose flour
- ¾ cup whole wheat flour
- ½ cup sugar
- 2 tsp baking powder
- ¼ tsp nutmeg

Wet Ingredients:

- ½ cup (1 medium) ripe banana
- ½ cup milk
- 1/3 cup oil
- 1 egg

Heat oven to 400 F. Grease bottoms only of 12 muffin cups or line with paper baking cups. In large bowl, combine all dry ingredients for muffins. Mix wet ingredients in separate bowl. Combine wet and dry ingredients just until dry particles are moistened. Fill prepared muffin cups 2/3 full.

Bake at 400 F for 18-22 minutes or until golden brown. Immediately remove from pan. 12 muffins.

Blueberry Muffins

Dry Ingredients:

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- ½ cup sugar
- 1 TB baking powder
- ½ tsp salt
- ½ tsp cinnamon

Wet Ingredients:

- ½ cup melted butter or oil
- ½ cup milk
- 2 eggs
- ½ tsp vanilla

1 – 1 ½ cups fresh or frozen blueberries

Heat oven to 425 F. Grease bottoms only of 12 muffins cups or line with paper baking cups. In large bowl, combine all dry ingredients and mix well. In separate bowl, toss 1 TB dry ingredients with the blueberries. Set aside. In yet another bowl, combine melted butter, milk, eggs and vanilla. Add egg mixture to dry ingredients and stir until moistened. Stir in berries. Spoon into muffin cups. Sprinkle with a little sugar if desired. Bake 15 minutes or until golden brown. Let stand 5 minutes before removing from pan.

Zucchini Bread

Dry Ingredients:

- 1 ½ cups whole wheat flour
- 1 ½ cups white flour
- 1 tsp baking soda
- 1 tsp salt
- 3 tsp cinnamon
- ½ tsp baking powder

Wet Ingredients:

- 1 cup oil
- 2 cups sugar
- 3 eggs
- 3 tsp vanilla
- 2 cups shredded raw zucchini

Preheat oven to 350 F. Sift dry ingredients together. Combine oil, sugar, and eggs in large mixer bowl. Beat well. Blend in vanilla and zucchini. Add dry ingredients and mix gently until blended. Add nuts if desired. (1/2 cup). Pour batter into 2 loaf pans (8x4x3), greased and lightly floured on bottom. Bake at 350 F. for about 1 hour, or until loaves test done. Let stand in pans for 10 minutes, then turn out on racks to cool.

Banana Bread

Dry Ingredients

- 2 cups flour
- 1 tsp cinnamon
- 1 tsp baking soda
- ¼ tsp salt
- ¼ tsp allspice
- ¼ tsp nutmeg

Liquid Ingredients:

- ½ cup butter
- 1 cup brown sugar
- 2 eggs
- 1 cup mashed banana or 1 cup applesauce
- 1 TB liquid (sour milk, buttermilk, or fruit juice)

Preheat oven to 350 F. Cream margarine and sugar. Add eggs and beat well. Sift dry ingredients together, add to egg mixture with banana and other liquid. Gently mix until everything is moistened. Pour into loaf pan. Bake at 350 F for 1 hour until bread tests done. Makes 1 loaf.

Quick Mixes – Muffins

Makes 14 cups of mix. This will fill 2 half-gallon mason jars.

For vacuum sealing: Line 2 jars with gallon size zip loc baggie or bread bag. Fill with mix and twist bag closed. Vacuum seal.

5 cups all purpose flour
5 cups whole wheat flour
2 ½ cups sugar
5 TB baking powder
2 ½ tsp salt
2 ½ tsp cinnamon

In a large bowl, combine flour, sugar, baking powder, salt, and cinnamon. Stir with a large spoon until evenly distributed. Put into a large airtight container.

Melt in-your-mouth Muffins

2 2/3 cups muffin mix
2 eggs, beaten
1/2 cup milk
½ cup butter, melted or ½ cup vegetable oil.
½ tsp vanilla

Preheat oven to 400 F. Spray muffin pans with vegetable oil. Put muffin mix in a medium bowl. Combine egg, milk, vanilla, and butter or oil in a small bowl. Mix well. Add all at once to muffin mix. Stir until mix is just moistened; batter should be lumpy. Fill prepared muffin pans ¾ full. Bake for 18-20 minutes, until golden brown. Makes 10 large muffins.

Dried Fruit Muffins: Add 1 cup chopped dried fruit to liquid ingredients before mixing with dry ingredients.

Peach Muffins: Gently fold 1 cup diced fresh peaches into batter before filling muffin pans.
Banana Muffins: Mash 1 banana and add to liquid ingredients before adding liquid to muffin mix.

Blueberry Muffins: Gently fold 1 cup fresh, frozen or drained canned blueberries into basic muffin batter just before filling muffin pans.

Molasses Bran Muffins

2 cups all bran cereal or 1 cup bran flakes
¼ cup melted butter or oil
¼ cup molasses
1 cup milk
1 egg
½ cup raisins, optional
1 ½ cups muffin mix

Preheat oven to 400 F. Spray muffin pans with vegetable cooking spray. In a medium bowl combine cereal, butter or oil, molasses, milk and egg. Let stand 5 minutes. Add raisins, if desired, and Muffin mix. Stir just until ingredients are moistened. Fill prepared muffin pans ¾ full. Bake 15-20 minutes, until edges are brown. Makes 10 large muffins.

Zucchini Muffins

2 cups muffin mix
½ cup sugar
1 TB ground cinnamon
1 cup grated zucchini
1 egg, beaten
½ cup butter, melted
2 tsp vanilla

Preheat oven to 400 F. Spray muffin pans with vegetable oil. In a medium bowl, combine muffin mix, sugar and cinnamon. Combine zucchini, egg, butter and vanilla in a medium bowl.

Add all at once to dry ingredients. Stir until just moistened; batter should be lumpy. Fill prepared muffin pans ¾ full. Bake 20-25 minutes until golden brown. Makes 10 medium muffins.

Banana Muffins

2 ½ cup muffin mix
¼ tsp nutmeg
½ cup milk
1/3 cup oil
1 egg
1 medium ripe banana

Heat oven to 400 F. Line muffin pan with paper liners. Combine all liquid ingredients with banana in blender. Fold into muffin mix. Stir just until dry particles are moistened. Fill muffins cups 2/3 full.

Bake for 18-22 minutes or until golden brown. Immediately remove from pan.

Quick Mixes – Sweet Breads

This recipe will fill 2 (half-gallon) mason jars.

For vacuum sealing: Line two jars with a gallon zip loc baggie or bread baggie. Fill with mix and twist bag shut or zip shut, leaving ¼ inch opening. Vacuum seal.

7 cups whole wheat flour
3 cups white flour
2 TB baking powder
2 TB baking soda
1 TB salt
2 ½ cups sugar
2 ½ cups brown sugar

In a large bowl, stir flour, baking powder, baking soda, salt, white sugar and brown sugar until well blended.

Banana Nut Bread

3 ½ cups Sweet Bread Mix
1/3 cup vegetable oil
2 eggs, beaten
1 TB lemon juice
2 medium bananas, mashed

Preheat oven to 325 F. Grease one 9" x 5" loaf pan or two 7" x 3" loaf pans. Set aside. In a medium bowl, combine all ingredients, stirring to blend. Turn into prepared pan. Bake 50-60 minutes in preheated oven until a wooden pick inserted in center comes out clean. Cool on a rack 5 minutes. Turn out of pan. Cool right-side up on rack. Makes one large or two small loaves.

Carrot-Orange Loaf

3 ½ cups Sweet Bread Mix
1/3 cup vegetable oil
2 eggs, beaten
1 cup grated carrots
½ cup orange juice
1 tsp grated orange peel
1 tsp ground nutmeg
1 tsp ground cinnamon
½ cup chopped nuts (optional)
½ cup raisins

Preheat oven to 325 F. Grease one 9" x 5" loaf pan or two 7" x 3" loaf pans; set aside. In a medium

bowl, combine all ingredients, stirring to blend. Turn into prepared pan or pans.

Bake 60-70 minutes in preheated oven until a wood pick inserted in center comes out clean. Cool on a rack 5 minutes. Turn out of pan. Cool right side up on rack. Makes one large or two small loaves.

Spicy Applesauce Bread

3 ½ cups sweet bread mix
1/3 cup oil
1 ½ tsp cinnamon
½ tsp allspice
½ tsp cloves
1 cup applesauce
½ cup chopped nuts
½ cup raisins
Whipped Cream Cheese

Preheat oven to 325 F. Grease one 9" x 5" loaf pan or two 7" x 3" loaf pans. Set aside. In a medium bowl, combine all ingredients except cream cheese, stirring to blend. Pour into prepared pan.

Bake 60-70 minutes in preheated oven until a wooden pick inserted in center comes out clean. Cool on a rack 5 minutes. Turn out of pan or pans. Cool right-side up on rack. Spread cooled slices with cream cheese. Makes one large or two small loaves.

Zucchini Bread

3 ½ cups sweet bread mix
1/3 cup oil
2 eggs, beaten
2 cups grated unpeeled zucchini
3 TB orange juice
1 TB grated orange peel
½ cup nuts

Preheat oven to 325 F. Grease one 9" x 5" loaf pan or two 7" x 3" loaf pans; set aside. In a medium bowl, combine all ingredients, stirring to blend. Pour into prepared pan

Bake 60-70 minutes in preheated oven until a wood pick inserted in center comes out clean. Cool on a rack 5 minutes. Turn out of pan. Cool right side up on rack. Makes 1-2 loaves.