



Karan's Korner

MUFFINS

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During this time of year one of our favorite treats is Muffins. Muffins are an American name for a type of bread that is baked in small cakes. They are not as sweet as cupcakes and for the most part baked. There are many varieties and flavors of muffins made with a specific ingredient such as blueberries, chocolate chips, cucumbers, raspberry, cinnamon, pumpkin, date, nut, lemon, banana, orange, peach, strawberry, boysenberry, almond, and carrot, baked into the muffin. Muffins are often eaten for breakfast; alternatively, they may be served for tea or at other meals.

This is a different kind of muffin for you to try. It is especially good with soup or stew. You are going to love the flavor and surprisingly you will find Carrot and Raisin Muffins nice and creamy.

Ingredients:

3 medium eggs.

1½ cups of All purpose flour.

1½ cups of shredded carrots.

1 cup of powdered sugar.

¾ cup of granulated sugar.

½ cup of raisins.

½ cup of milk, plus 2 tablespoons of milk.

½ cup of melted butter, plus 1 tablespoon of melted butter.

¼ cup of cream cheese, softened.

2 teaspoons of cinnamon.

1½ teaspoons of baking powder.

½ teaspoon of baking soda.

½ teaspoon of salt.

½ teaspoon of vanilla.

Preparation:

Preheat your oven to 400°F. Combine the All-purpose flour, cinnamon, baking powder, baking soda and salt. Beat together the eggs and the granulated sugar. Add the shredded carrots, raisins, ½ cup of milk, and ½ cup of melted butter to the moist batter. Place batter into twelve greased muffin cups. Bake for 20 minutes.

Mix together cream cheese and 1 tablespoon butter; mix thoroughly. Next stir in the powdered sugar, 2 tablespoons of milk, and vanilla, then drizzle over top of the cooked muffins

I love Apple Muffins for breakfast. They are so tasty especially when I add West Texas Pecans.

Ingredients:

1/2 cup butter, room temperature

1 cup granulated sugar

2 large eggs

2 large apples, ripe, cooked and mashed

1 teaspoon vanilla extract

2 cups All-purpose flour

1 teaspoon salt

1 teaspoon baking powder

Preparation:

Grease 12 muffin cups or line with paper muffin liners. Cream butter and sugar with an electric hand-held mixer until light and fluffy. Beat in eggs, one at a time, beating after each addition. Add apples and vanilla and beat until smooth. Mix together the flour, salt, baking powder, and baking soda. Stir flour mixture into butter mixture, alternating with the sour milk or buttermilk. Stir until dry ingredients are moistened then gently stir in West Texas Pecans if desired.

I guarantee you are going to love the Hawaiian Muffin. This recipe makes approximately 24 muffins.

Ingredients:

4 eggs, beaten.

4 cups of flour.

1-½ cups of crushed pineapple, drained.

1-½ cups of skim milk.

½ cup of sugar.

½ cup of melted butter.

2 Tablespoons of baking powder.

1 teaspoon of salt.

Preparation:

Sift together the dry ingredients. Add the beaten eggs, milk and melted butter; then stir until smooth. Add the crushed pineapple and mix thoroughly. Spoon into greased three inch muffin pans, filling three quarters full. Bake at 425°F for 20 minutes or until done. You may wish to add chopped macadamia nuts. You can use smaller muffin tins and have more muffins.

If you have any questions or would like to share some of your tips for working and living in Pecos County with our readers, please call me at the Pecos County AgriLife Extension Services, 432-336-2541. Make sure you check us out on the web and face book; the Pecos County AgriLife Extension Services website at <http://pecos-tx.tamu.edu/> for additional helpful information.



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