

MUFFIN BATTER

INGREDIENTS



2 $\frac{1}{3}$ cups
flour



1 tsp
baking
soda



2 tsp
baking
powder



$\frac{1}{2}$ tsp
salt



1 egg



$\frac{1}{2}$ cup
vegetable
oil



1 cup
plain
yogurt



1 cup
sugar



1 cup mix-ins
such as
blueberries

STEPS

1



Whisk flour, baking soda, baking powder, and salt in medium bowl.

2



Crack egg in large bowl. Whisk in oil, yogurt, and sugar.

3



Add dry ingredients and blueberries (or swap for another mix-in). Stir until just combined.

4



Fill lined muffin cups to the top with batter. Bake 20-25 min in a 375°F oven, until a toothpick inserted comes out clean.



Cook! Make a basic blueberry muffin batter.
Create! Rewrite the recipe with a simple swap.

FEATURED SKILL: HOW TO STIR

Stir to mix ingredients evenly -
make every bite taste the same!

Stir to heat ingredients evenly -
avoid hot spots and burnt food!

To stir, trace small circles at
the bottom of your bowl or pot
and expand outward.



FUN BITES



- **Muffin Method** Stir wet and dry ingredients separately, then gently combine them. This leads to tender muffins. Never overmix!
- **Leaveners** Baking soda and baking powder are *leaveners* that help baked goods rise.
- **Creative Combinations** Add more than 1 mix-in! Use a total of 1 cup chopped fruit, nuts, chocolate, or grated veggies such as carrot or zucchini.

APPLE STREUSEL MUFFINS

- 1 Prepare one batch of plain muffin batter.
- 2 Stir in 1 cup peeled and finely diced apples.
- 3 Make a streusel topping! Stir together $\frac{1}{2}$ cup flour, $\frac{1}{4}$ cup brown sugar, and $\frac{1}{4}$ tsp cinnamon. Add 3 Tbsp butter and crumble together with your fingertips.
- 4 Sprinkle topping over muffins and bake!



We Stop at Muffin!