

Muffins

Oven: Preheat to 375 degrees.

DRY ingredients:

1 ¼	C	flour, AP white
½	C	flour, wheat (or ¼ cup corn meal or ¼ cup white flour)
2 ½	tsp	baking powder
½	tsp	baking soda

----- the below ingredients are specific to sweet muffins. if making corn muffins or cheese muffins, you can omit.

½	C	sugar
1	tsp	cinnamon if desired, or other spices (I use a few shakes of cinnamon, nutmeg, etc.)

Mix all dry ingredients together in a large bowl. Then...

ADDITIONS:

1	C	blueberries, frozen or other cut up fruit
½	C	walnuts, chopped (or other nuts)

Rinse blueberries if desired (if not it will turn the batter kinda purple-y) and stir into dry ingredients until the berries are coated with the mixture (this keeps the berries from all sinking to the bottom of the muffins).

If you like non-sweet muffins, you can use ¾ cup of diced ham and a cup of shredded cheese, or mushrooms and cheese, or whatever you like. (Omit the sugar if making non-sweet muffins.) But whatever you do, do mix it into the dry to coat it.

WET ingredients:

2	Tbs	butter, melted
1	C	milk
¼	C	sour cream (totally optional)
1		egg

Melt the butter (I use the microwave for this) then stir in the other ingredients until thoroughly mixed.

Pour the wet ingredients into the dry ingredient bowl and then stir until mixed. This WILL be lumpy. The proper texture should be dry enough that you can drag a spoon or spatula through and see the bottom of the bowl for a few seconds, but wet enough that it sticks to the sides of the bowl a bit. The picture with the spoon here: <http://cornute.livejournal.com/179183.html#cutid1> shows the correct texture. If your batter is too wet add a bit more flour, if too dry add a bit more milk (like, a spoonful of either) and stir.

When batter is done, grease muffin pans or use paper liners and fill them 2/3 full, then bake for 27-30 minutes at 375.