



A Muffin Year

By Beth Bornick

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Muffins are a weekend breakfast staple for us. I wanted to share this tradition with our Quiltboxes™ fans, and make recipe cards to tuck into Dave's recipe boxes.

The Muffin Year started as a romantic quest to make the perfect corn muffin (Dave's favorite). In the Spring, maple nut muffins made the house smell like the syrup boiling in the local sugar house. When we got a bumper crop of wild blueberries, I adapted an old quick-bread recipe. And when we had extra cider, the streusel muffins joined the lineup. Eventually I had recipes for every season.

These recipes are adapted from many sources. Sometimes I started with a cake, like the amazing pistachio yogurt recipe. Seed cake is a holiday tradition in the British Isles (and mentioned in *The Hobbit*)—I had to try it. I saw Cream Nut Bread advertised in a 1909 newspaper, and dug up the vintage recipe. The chocolate muffins came from Grandma's cake recipe. I even adapted another family favorite, Laura Ingalls Wilder's gingerbread. We hope you enjoy these as much as we do!

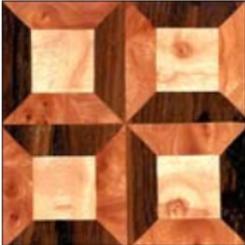


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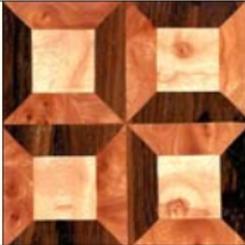


Courtesy of www.Quiltboxes.com

January	Hot Chocolate Muffins
February	Chocolate Chip Muffins
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Hot Chocolate Muffins



2 $\frac{1}{4}$ cups flour
1/2 cup sugar
2 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt

3/4 cup boiling water
2 1-oz. squares unsweetened
baking chocolate

1/2 cup buttermilk
4 Tbs butter
1 tsp vanilla extract

1 egg, slightly beaten

Mix dry ingredients. Microwave water until it reaches a full boil. Add chocolate blocks, being sure they're completely under the hot water. Set aside and allow chocolate to melt (do not microwave after adding chocolate).

Heat milk and butter, stirring occasionally, until butter melts. When chocolate is fully melted, combine vanilla, water and choc. with milk and melted butter, and whisk until chocolate is well dispersed. Stir egg and liquid into dry ingred. until just mixed.

Bake 20-25 min. at 375° F. Makes 1 dozen.



Chocolate Chip Muffins



2 ½ cups flour
½ cup sugar
2 tsp baking powder
¼ tsp salt
1 cup milk
4 Tbs butter (½ stick)
1 tsp vanilla extract
1 egg, lightly beaten
1 cup mini chocolate chips

Heat milk and butter in the microwave, stirring occasionally, until butter just melts. Cool to lukewarm.

Mix dry ingredients in a large bowl.

Stir lukewarm liquids, vanilla, and beaten egg into dry ingredients until just mixed. Stir in chocolate chips.

Makes 12 muffins. Lightly sprinkle tops with sugar and bake 20-25 min. at 375° F.



Maple Nut Muffins



2 ½ cups flour
2 tsp baking powder
½ tsp salt

¾ cup milk
½ cup real maple syrup
4 Tbs butter (½ stick)

2 eggs, lightly beaten

1 cup chopped walnuts or pecans, lightly toasted (10 min. at 300° or swirl in frying pan over medium heat)

Heat milk, syrup and butter in microwave, stirring occasionally until butter just melts. Cool to lukewarm.

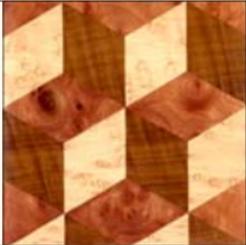
Mix dry ingredients in a large bowl.

Stir lukewarm liquids into dry ingredients, along with the beaten eggs. When barely mixed, add cooled nuts. Do not over-mix.

Makes 12 muffins. Bake 20-25 min. at 375° F.



Cream Nut Muffins



2 ¼ cups flour
½ cup brown sugar
2 tsp baking powder
½ tsp baking soda
½ tsp salt
8 oz. sour cream
½ cup milk
1 tsp vanilla extract
2 eggs, slightly beaten
1 cup pecans, lightly toasted
and coarsely ground

Sift dry ingredients into a large bowl to break up any clumps of brown sugar. Thoroughly blend all wet ingredients in a separate bowl. Stir wet ingredients into dry until barely mixed, adding extra milk if necessary. Stir in ground nuts.

Makes 12 muffins. Top with raw pecan halves, and lightly sprinkle with granulated sugar. Bake 20-25 min. at 375° F.



Pistachio Yogurt Muffins



¾ cup shelled, roasted pistachios

2 cups flour

½ cup sugar

2 tsp baking powder

½ tsp baking soda

½ tsp salt (skip if nuts are salted)

½ tsp cinnamon

6-oz. plain, nonfat yogurt

¾ cup milk

¼ olive oil

1 tsp lime (or lemon) juice

2 eggs, lightly beaten

Toast nuts if raw (bake 5 min at 300° or swirl in frying pan over med. heat) and cool. Rub together a handful at a time to remove loose skins. Finely chop in blender or food processor.

Sift dry ingredients into a large bowl and mix in ground nuts. Blend wet ingredients in a separate bowl and stir into dry ingredients until just mixed.

Makes 12 muffins. Sprinkle with granulated sugar and bake 20-25 min. at 375° F.



Coffee Cake Muffins



2 ½ cups flour
½ cup sugar
2 tsp baking powder
½ tsp baking soda
½ tsp salt
½ cup rolled oats
1 cup milk
4 Tbs butter
2 eggs, lightly beaten
2 Tbs cinnamon
1 Tbs sugar
1 cup raw pecan halves

Soak oats in milk. Heat butter in microwave, stirring occasionally, until butter just melts. Cool to lukewarm.

Mix dry ingredients in a large bowl, and stir in liquids and eggs until barely mixed.

Stir together cinnamon and sugar.

Layer half of batter in muffin cups, then sprinkle with cinnamon sugar mixture. Fill with remaining batter. Top with pecan halves.

Bake 20-25 min. at 375°



Blueberry Walnut Muffins



2 cups flour
½ cup sugar
¼ cup wheat germ
2 tsp baking powder
½ tsp baking soda
½ tsp salt
¼ tsp cardamom (*optional*)
1 cup buttermilk
4 Tbs butter
2 eggs, lightly beaten
1 cup blueberries
1 cup chopped walnuts, toasted

Mix dry ingredients in a large bowl.

Heat buttermilk and butter in microwave, stirring occasionally until butter just melts. Cool to lukewarm.

Stir warm liquids and beaten egg into dry ingredients until barely mixed. Add blueberries and nuts.

Fill muffin cups, sprinkle top of batter with granulated sugar, and let stand 10 min.

Bake 20-25 min. at 350° F.

Makes 1 dozen.



Corn Muffins



1 ½ cup flour
1 ½ cup corn meal
⅓ cup sugar
3 tsp baking powder
1 tsp baking soda
¾ tsp salt

1 cup milk
¼ cup Crisco shortening
3 eggs, lightly beaten

Mix dry ingredients in a large bowl.

Heat milk and shortening in microwave, stirring occasionally until just melted.

Cool to lukewarm.

Stir warm liquids and beaten eggs into dry ingredients until barely mixed.

Bake 20-25 min. at 425° F. Makes 1 dozen.

Blueberry Corn Muffins

Reduce milk to ¾ cup (if berries include juice), and increase sugar to ½ cup.
Mix 1 cup blueberries into final batter.



Carrot Cake Muffins



2 ½ cups flour
¼ cup packed brown sugar
3 tsp baking powder
2 tsp cinnamon
¼ tsp nutmeg
½ tsp salt

⅔ cup milk
¼ cup molasses
⅓ cup cooking oil
1 tsp vanilla
2 eggs, lightly beaten

1 ½ cup grated carrots
1 cup chopped pecans, toasted

Stir together dry ingredients, being sure to break up lumps of brown sugar.

Mix together wet ingredients and stir into dry until barely mixed. Add carrots and nuts.

Bake 30-35 min at 350° F. Makes 1 dozen.

Serve with cream cheese or cream cheese frosting.



Cider Streusel Muffins



Streusel:

- 2 Tbs cold butter
- ¼ cup packed brown sugar
- 1 Tbs flour
- 2 tsp cinnamon
- 1/4 cup finely chopped walnuts

Muffins:

- 2 ½ cups flour
- ¼ cup sugar
- 3 tsp baking powder
- ½ tsp salt
- 1 cup cider or unsweetened apple juice
- 2 Tbs butter
- 2 eggs, lightly beaten
- 1 apple, grated (¾ - 1 c shreds)

Streusel: Mix together brown sugar, flour and cinnamon, breaking up sugar lumps. Cut in cold butter with pastry cutter or knife until mixture resembles crumbs. Mix in ground walnuts.

Muffins: Heat cider and butter in microwave, stirring occasionally, until butter just melts. Cool to lukewarm. Mix dry ingredients, and stir liquid and egg into dry until barely mixed. Mix in apple.

Layer half of batter, then half of streusel, and then remaining batter in muffin cups. Top with remaining streusel.

Bake 20-25 min. at 375°



Seed Cake Muffins



2 ½ c flour (can subst. ½ c almond meal)

½ cup sugar

2 tsp baking powder

½ tsp baking soda

½ tsp ground nutmeg

½ tsp salt

3 Tbs poppy seeds

½ tsp ground caraway seed (*optional*)

1 cup buttermilk

4 Tbs butter

2 drops anise flavoring

2 eggs, lightly beaten

1 c sliced almonds

Mix dry ingredients (incl. poppy seeds, but not almonds). Lightly toast almonds in a 300° oven or by swirling in a hot frying pan.

Heat buttermilk and butter in microwave, stirring occasionally, until butter just melts. Cool to lukewarm.

Stir warm liquids, anise flavoring, and beaten egg into dry ingredients until just mixed. Stir in almonds.

Bake 20-25 min. at 400° F. (1 dozen)



Gingerbread Muffins



2 ½ cups flour
1 tsp baking soda
2 tsp baking powder
1 ½ tsp ginger
½ tsp cinnamon
½ tsp nutmeg
¼ tsp cloves
¼ tsp allspice
¼ tsp salt
1 cup water
½ cup molasses
4 Tbs butter
1 egg, lightly beaten

Heat water, molasses, and butter in the microwave, stirring occasionally until butter just melts. Cool to lukewarm.

Mix together dry ingredients.

Stir warm liquids into dry ingredients, along with the beaten egg. Do not over-mix - batter should still be a bit lumpy.

Sprinkle tops with white sugar. Let stand 10 min before baking.

Bake 20-25 min. at 375° F.

Makes 12 muffins.