

Delicious and Easy Muffin Recipes

Oatmeal Raisin Muffins

Makes 12 | Prep time 10 minutes | Cooking time 15 minutes

Ingredients

- 1 ½ cups all-purpose flour
- 1 cup old fashioned oats
- 1 ½ teaspoons baking powder
- Pinch of salt
- 2 large eggs, room temperature
- ⅔ cup brown sugar
- ½ cup vegetable oil
- ½ cup whole milk
- 1 cup raisins
- Cooking spray or vegetable oil for greasing (optional)

Directions

1. Preheat the oven at 350°F (177°C).
2. Line a muffin pan with muffin liners or grease each hole with cooking spray or vegetable oil.
3. In a mixing bowl, mix the flour, oats, salt, and baking powder.
4. In another large bowl, with the help of a spatula, mix in the vegetable oil, eggs, light brown sugar, whole milk.
5. Add the dry ingredients to the wet ingredients and mix until combined. Be careful not to overmix the batter.
6. Stir in the raisins.
7. Transfer the batter to the muffin pan, filling the liners just ¾ full to allow room for the muffins to rise.
8. Bake in the oven for about 12-15 minutes or until a toothpick inserted in the center comes out clean.
9. Remove from the oven and let the muffins rest in the pan for 5 minutes. Then, transfer to a wire rack to cool down.
10. Serve and enjoy.

Nutrition (per serving)

Calories 275, fat 11.3 g, carbs 39.2 g, protein 5 g, sodium 32 mg

Nutella™ Muffins

Makes 12 | Prep time 10 minutes | Cooking time 15 minutes

Ingredients

- $\frac{3}{4}$ cups all-purpose flour
- $\frac{1}{2}$ cup cocoa powder
- $\frac{3}{4}$ cup granulated sugar
- $\frac{1}{2}$ cup chocolate hazelnut spread like Nutella™
- $\frac{3}{4}$ teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{3}$ cup vegetable oil
- 2 large eggs, room temperature
- 2 teaspoons vanilla extract
- $\frac{1}{2}$ cup whole milk
- Cooking spray or vegetable oil for greasing (optional)

Directions

1. Preheat the oven at 350°F (177°C).
2. Line a muffin pan with muffin liners or grease each hole with cooking spray or vegetable oil.
3. In a mixing bowl, mix the flour, baking powder, and baking soda.
4. In another large bowl, with the help of a hand mixer, beat in the butter, Nutella, and granulated sugar until creamy and fluffy. It will take around 7 minutes.
5. Stir in the eggs, one at a time, mixing well between each addition.
6. Then alternatively add the whole milk with the dry ingredients and mix until combined. Be careful not to overmix the batter.
7. Stir in the vanilla extract.
8. Transfer the batter to the muffin pan, filling the liners just $\frac{3}{4}$ full to allow room for the muffins to rise.
9. Bake in the oven for about 12-15 minutes or until a toothpick inserted in the center comes out clean.
10. Remove from the oven and let the muffins rest in the pan for 5 minutes. Then, transfer to a wire rack to cool down.
11. To make them even more special spread just a teaspoon of Nutella on top of each muffin just right before serving.

Nutrition (per serving)

Calories 191, fat 9.6 g, carbs 25 g, protein 3.2 g, sodium 71 mg

Blueberry Crunch Muffins

Makes 6 | Prep time 20–30 minutes | Cooking time 30 minutes

Ingredients

Topping

- $\frac{1}{3}$ cup all-purpose flour
- $\frac{1}{3}$ cup coarse or raw sugar
- $\frac{1}{4}$ cup unsalted cold butter, cut into four pieces

Muffins

- $\frac{3}{4}$ cup sugar
- $1\frac{1}{2}$ cups all-purpose flour
- 2 teaspoons baking powder
- $\frac{1}{3}$ cup vegetable oil
- $\frac{1}{2}$ teaspoon salt
- 1 large egg
- $\frac{1}{3}$ cup buttermilk
- 1 cup frozen wild blueberries
- 2 teaspoons vanilla extract
- Cooking spray or vegetable oil for greasing (optional)

Directions

1. Preheat the oven to 400°F (204°C). Line a muffin pan with muffin liners or grease each hole with cooking spray or vegetable oil.
2. To make the topping, add the flour, sugar, and cold butter to a mixing bowl. Mix well to form crumbs.
3. To make the muffins, add the flour, sugar, baking powder, and salt to another mixing bowl. Mix well.
4. Add the oil and eggs; whisk to mix well. Add the buttermilk and vanilla; mix again. Add a little more buttermilk if desired.
5. Add the dry ingredients to the wet ingredients and mix until combined. Add the blueberries and mix again.
6. Transfer the batter to the muffin pan, filling the liners just $\frac{3}{4}$ full to allow room for the muffins to rise.
7. Bake in the oven for about 12-15 minutes or until a toothpick inserted in the center comes out clean.
8. Remove from the oven and let the muffins rest in the pan for 5 minutes. Then, transfer to a wire rack to cool down.
9. Let cool on a wire rack; serve warm.

Nutrition (per serving)

Calories 213, fat 8.8 g, carbs 31.5 g, protein 3.2 g, sodium 175 mg

Carrot Walnut Muffins

Makes 14 | Prep time 10 minutes | Cooking time 20 minutes

Ingredients

- 1 ¼ cup all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon cinnamon
- ½ cup vegetable oil
- ½ cup granulated sugar
- ½ cup light brown sugar
- 1 teaspoon vanilla extract
- 2 large eggs, room temperature
- 1 ½ cups carrots, grated
- ⅓ cup walnuts, chopped
- ¼ cup raisins
- Cooking spray or vegetable oil for greasing (optional)

Directions

1. Preheat the oven at 350°F (177°C).
2. Line a muffin pan with muffin liners or grease each hole with cooking spray or vegetable oil.
3. In a mixing bowl, mix the flour, cinnamon, and baking soda.
4. In another large bowl, with the help of a hand mixer mix the oil, granulated sugar, light brown sugar, eggs, and carrots.
5. Then add the dry ingredients and mix until combined. Be careful not to overmix the batter. Stir in the chopped walnuts and raisins.
6. Transfer the batter to the muffin pan, filling the liners just ¾ full to allow room for the muffins to rise.
7. Bake in the oven for about 12-15 minutes or until a toothpick inserted in the center comes out clean.
8. Remove from the oven and let the muffins rest in the pan for 5 minutes. Then, transfer to a wire rack to cool down.
9. Serve and enjoy.

Nutrition (per serving)

Calories 214, fat 11.2 g, carbs 26.4 g, protein 3.2 g, sodium 117 mg

Lemon Poppy Seed Muffins

Makes 12 | Prep time 10 minutes | Cooking time 15 minutes

Ingredients

- 1 ½ cup all-purpose flour
- 1 ½ teaspoon baking powder
- Pinch of salt
- ½ cup vegetable oil
- ⅔ cup granulated sugar
- ⅓ cup lemon juice
- Zest of 1 lemon
- 3 large eggs, room temperature
- 1 teaspoon vanilla extract
- ¾ cup whole milk
- ½ cup poppy seeds
- Cooking spray or vegetable oil for greasing (optional)

Directions

1. Preheat the oven at 350°F (177°C).
2. Line a muffin pan with muffin liners or grease each hole with cooking spray or vegetable oil.
3. In a mixing bowl, mix the flour, salt, and baking powder
4. In another large bowl, with the help of a wire whisk mix in the vegetable oil, and the granulated sugar. Fold in the lemon juice and lemon zest.
5. Stir in the eggs and mix until combined. Then, stir in the whole milk.
6. Then add the dry ingredients and mix until combined. Be careful not to overmix the batter. Stir in the vanilla extract and poppy seeds.
7. Transfer the batter to the muffin pan, filling the liners just ¾ full to allow room for the muffins to rise.
8. Bake in the oven for about 12-15 minutes or until a toothpick inserted in the center comes out clean.
9. Remove from the oven and let the muffins rest in the pan for 5 minutes. Then, transfer to a wire rack to cool down.
10. Serve and enjoy.

Nutrition (per serving)

Calories 239, fat 13.5 g, carbs 25.6 g, protein 4.7 g, sodium 39 mg

Gouda Sausage Muffins

Makes 4 | Prep time 10 minutes | Cooking time 35 minutes

Ingredients

- 1 pound ground breakfast sausage
- 3 cups all-purpose baking mix
- 2 cups Gouda cheese, cut into small cubes
- 1 cup sour cream
- 1 cup chicken stock or water
- 1 teaspoon salt
- 1 teaspoon black pepper

Directions

1. Preheat oven to 375°F (191°C).
2. In a large skillet, brown the sausage over medium heat until cooked through, approximately 7 minutes.
3. Transfer the sausage to a large bowl and add in the baking mix and Gouda cheese. Mix well.
4. In a smaller bowl, mix together the sour cream and chicken stock.
5. Make a well in the center of the sausage mixture and pour the sour cream mixture into the center of it. Slowly incorporate the sour cream mixture while mixing. Season with salt and pepper, if desired.
6. Spoon the sausage mixture into lightly oiled muffin pans. Place in the oven and bake for 25-30 minutes or until golden brown and set in the center.
7. Remove from the oven and let the muffins rest in the pan for 5 minutes. Then, transfer to a wire rack to cool down.
8. Serve warm or slightly cooled.

Nutrition (per serving)

Calories 144, fat 10 g, carbs 1 g, protein 13 g, sodium 411 mg

***These recipes and more can be found in Louise Davidson's *Wicked Good Muffins*. To get your copy, click on the cover below or click [here](#).

