

Homemade Muffins

Prep Time: 10 minutes

Bake: 20 minutes

Makes 12 muffins

2 ½ cups all-purpose flour (흰밀가루 (1½ C) + 보라밀가루 (1½ C) 섞어서 쓰기)
½ cup sugar
1 baking powder
½ teaspoon salt
1 cup milk
½ cup butter or margarine (1 stick), melted
1 large egg
1 teaspoon vanilla

1. Preheat oven to 400°F. Grease 12 2 ½" by 1 ¼" muffin-pan cups. In large bowl, combine flour, sugar, baking powder, and salt. In medium bowl, with fork, beat milk, melted butter, egg and vanilla until blended. Add to flour mixture, stirring just until flour is moistened (batter will be lumpy).

2. Spoon batter into prepared muffin-pan cups. Bake until toothpick inserted in center of muffin come out clean, 20 to 25 minutes. Immediately remove muffins from pan. Serve muffins warm, or cool on a wire rack to serve later.

Each muffin: About 225 calories, 4g protein, 30g carbohydrates, 10g total fat (6g saturated), 41mg cholesterol, 312mg sodium.

Jam-Filled Muffins

Prepare as directed but fill muffin-pan cups one-third full with batter. Drop 1 round teaspoon strawberry or raspberry preserves in center of each; top with remaining batter. Bake as directed.

Blueberry or Raspberry Muffins

Prepare as directed; stir 1 cup blueberries or raspberries into batter.

Walnut or Pecan Muffins

Prepare as directed; stir ½ cup chopped toasted walnuts or pecans into batter. Sprinkle with 2 tablespoons sugar before baking.

- 볼에 버터 + 우유 + 달걀 + 베이킹파우더 넣어서 Mix
- 밀가루, 베이킹파우더, 소금 넣어서 Mix + 설탕. Mix.
- 약간 무르게 할려면 우유 조금 더 넣는다
- Muffin pan에 반쯤 안티게 반쯤 넣고 위에 잼 한숟가락씩 올려 놓고 그위에 다시 반죽으로 덮는다. 그위에 설탕 뿌려도 좋다.

