

MURFEEFIN

MORRIAI



Flavored Butters

*Kick breakfast up a notch with these easy to whip up butters!
Great on toast, pancakes, waffles, French toast and muffins. Remember,
a little goes a long way!*

~~~ Maple-Spice Butter ~~~

Mix together until smooth and chill:

- 12 TBSPs (1 & ½ sticks) unsalted butter, softened - **NOT** melted
- 3 TBSPs 100% maple syrup
- ½ tsp freshly grated nutmeg
- ½ tsp allspice
- ¼ tsp cinnamon

~~~ Orange & Spice Butter ~~~ (sub lime or lemon for different flavor)

Mix together until smooth and chill:

- 12 TBSPs (1 & ½ sticks) unsalted butter, softened - **NOT** melted
- ¼ cup unsifted confectioner's sugar
- 4 tsps grated orange peel
- ½ tsp orange oil for baking - like Boyajian's
- ¼ tsp freshly grated orange peel

~~~ Honey Butter ~~~

Mix together until smooth and chill:

- 12 TBSPs (1 & ½ sticks) unsalted butter, softened - **NOT** melted
- 4 TBSPs good quality honey
- ½ tsp cinnamon

~~~ Cranberry Butter ~~~

Mix together until smooth and chill:

- 12 TBSPs (1 & ½ sticks) unsalted butter, softened - **NOT** melted
- 2 TBSPs soft whole berry cranberry sauce
- 1 tsp cinnamon
- ½ tsp orange oil or extract
- 1 tsp honey

“Rise’n’Shine!” Muffin

This is my version of the “Morning Glory” Muffin. I’ve lightened it up a bit and made some healthier additions/swaps. This muffin is great served warm and savored with a hot cup of Chai!

INGREDIENTS

- 1 cup all natural sugar – like Florida Crystals
- 1 cups unbleached all-purpose flour
- 1 cup whole wheat flour
- ¼ cup almond flour
- 1 TBSP ground cinnamon
- ½ tsp ginger
- ½ tsp cardamon
- 2 tsps baking soda
- ½ tsp salt
- ½ cup unsweetened coconut flakes
- ½ cup golden raisins
- ½ cup craisins
- 1 large apple (peeled and grated)
- ½ cup dried pineapple bits
- 2 cups grated organic carrots
- ½ cup coarsely chopped walnuts or almonds
- 2 large eggs
- ¼ cup (chunky) unsweetened applesauce
- 1 TBSP honey
- ¾s cup canola oil
- ¼ cup (½ stick) melted unsalted butter
- 1 tsp pure vanilla extract

PREPARATION

1. Position a rack in the lower third of the oven and preheat to 350 degrees F.
2. Sift or whisk together the sugar, flours, spices, baking soda and salt into a large bowl. Add the coconut, raisins, craisins, apple, pineapple, carrots and nuts, and stir/toss to combine.
3. In a separate bowl, whisk the eggs with the applesauce, oil, butter and vanilla. Pour into the bowl with the dry ingredients and blend until mixture is wet --- be careful not to overmix.
4. Spoon the batter into muffin tins lined with muffin cups, filling each to the brim. Bake for 35 minutes or until a toothpick inserted into the middle comes out clean. Cool muffins in the pan for 10 minutes, then turn out onto a rack to finish cooling.

PUMPKIN BREAD/MUFFINS

w/CRANBERRIES & WALNUTS

*I love this bread best warmed and topped with just a tiny bit of butter.
You can also bake this up as muffins - use paper or foil liners and
cut baking time to 15-20 minutes.*

INGREDIENTS

- ⊙ 5 large eggs
- ⊙ 1 cup canola oil & ¼ cup melted butter (OR 1¼ cup canola oil)
- ⊙ 15 oz (1 sm. can) solid pack pumpkin
- ⊙ 1 cup all purpose unbleached flour AND
- ⊙ 1 cup whole wheat flour
- ⊙ 3 TBSPs 100% maple syrup
- ⊙ ½ tsp allspice
- ⊙ 1 & ½ cups sugar, preferably raw/natural
- ⊙ 1 tsp orange oil (for baking - i.e. Boyajen brand)
- ⊙ 1 tsp baking soda
- ⊙ ½ tsp salt
- ⊙ 1 tsp cinnamon
- ⊙ ½ tsp ginger powder
- ⊙ ½ tsp ground cloves
- ⊙ 1 cup whole cranberries - fresh OR frozen (do not defrost)
- ⊙ 1 cup chopped walnuts

PREPARATION

1. Pre-heat oven to 350°
2. Mix dry ingredients together with a fork.
3. In a large mixing bowl, BEAT the eggs, ADD the oil (and butter, if using), orange oil and pumpkin. BEAT until smooth.
4. Slowly INCORPORATE dry ingredients into pumpkin mixture.
5. STIR in walnuts and cranberries.
6. FILL 3 greased standard loaf pans ¾ 's full with batter, reduce oven to 325° and bake for 50-60 minutes until toothpick inserted near center comes out clean...let cool for 10 minutes before removing from pans to wire racks to cool completely.

Pumpkin-Cranberry Cornbread/Muffins

*This recipe is based on one from the Greanbriar Nature Center in Sandwich, MA.
These moist, delicious treats should be refrigerated if not eaten right away.*

INGREDIENTS

- ⊙ Canola oil or spray for pan
- ⊙ 1 bag Betty Crocker cornbread/muffin mix
- ⊙ ¼ tsp cinnamon
- ⊙ ¼ tsp cardamom
- ⊙ ¼ tsp allspice
- ⊙ 1 large egg
- ⊙ 2 TBSPs melted butter (or canola oil)
- ⊙ 1 TBSP honey
- ⊙ ½ cup canned pumpkin
- ⊙ ½ cup plain, non fat yogurt - strained (or Greek)
- ⊙ 1 cup whole cranberries (fresh or frozen - do not defrost frozen berries)

PREPARATION

1. Pre-heat oven to 400° & brush an 8 x 8 pan or a muffin tin with canola oil or spray.
2. Mix spices in well with package mix.
3. Beat egg and combine with remaining wet ingredients.
4. Stir in dry ingredients until just mixed -- don't over mix! Add cranberries last and gently stir in without breaking them up.
5. Scoop batter into pan and bake in pre heated oven for 13 to 18 minutes until lightly browned - skewer or plastic knife inserted into center should come out clean.

CRANBERRY-ORANGE YOGURT MUFFINS

I love these warmed and topped with just a tiny bit of butter.

Use paper or foil liners to make removal easier.

INGREDIENTS

DRY

- 1 & ½ cups whole wheat flour
- ½ cup all purpose unbleached flour
- 1 cup natural sugar
- ½ tsp baking soda
- ½ tsp baking powder
- ½ tsp sea salt
- ¾ cup toasted walnut bits
- 1 tsp nutmeg
- ½ tsp cardamom

WET

- 1 & ½ cups fresh or frozen (do not defrost) whole cranberries
- 1 & ½ TBSPs orange zest
- 2 tsps honey
- 2 eggs, lightly beaten
- 1 cup non-fat yogurt - Greek, or strained (it should be very thick)
- ¼ cup pulpy orange juice
- ½ cup canola oil
- ½ tsp almond extract

PREPARATION

1. Pre-heat oven to 400 °
2. Mix dry ingredients together well, then gently toss the cranberries and the nuts into the dry ingredients.
3. Combine eggs, yogurt, juice, oil and vanilla and mix well.
4. Stir into dry ingredients until just moistened, then fill greased muffin cups 2/3's full and bake...**AFTER 5 MINUTES, REDUCE temp to 375 °** and bake for 13-18 minutes (until golden brown and toothpick - or plastic knife inserted into the center comes out clean. Let muffins cool for 5 minutes before removing from muffin tin.

Apple Gingerbread/Muffins

Healthy Ingredients + No Fat* + Traditional Spices = Great Taste!

**To bake as muffins - use paper or foil liners and
cut baking time by 10 or 15 minutes.**

Serves 6-9

INGREDIENTS:

- 1/3 cup brown sugar
- 1/3 cup TRUVIA (or Splenda) sweetener
- 1/3 cup unsweetened applesauce
- 1 TBSP ginger paste
- 1 egg (or 2 egg whites)
- 3 TBSPS molasses
- 1 cup unbleached all-purpose flour
- ½ cup whole wheat flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon
- 2 tsps ground ginger
- 1 tsp freshly grated nutmeg
- 1/8 tsp allspice
- ½ tsp cardamom
- ½ cup nf plain yogurt (strained or Greek)
- 1 & ½ cups chopped peeled Empire & Gala apples
- Plus topping choice - see below

* - Depending upon your topping choice

PREPARATION:

- 1.** In a large mixing bowl, combine sugar, sweetener, applesauce, ginger paste, egg and molasses - mix well
- 2.** Combine the flours, spices, baking powder and baking soda
- 3.** Add to molasses mixture alternately with yogurt (add some dry mix, add some yogurt, add some dry mix, add some yogurt...), mixing just until combined, then fold in apples
- 4.** Pour into 8" square baking dish (OR 12 cup muffin pan) coated w/cooking spray. (fill muffin cups to top - you may only get 9 muffins.
- 5.** Bake at 350° for 30-35 minutes or until a toothpick inserted near the center comes out clean. Cool on wire rack for a few minutes and serve warm

Serve Gingerbread Slices With:

♦ *Whipped cream*

♦ *Vanilla ice cream or ♦ Vanilla frozen yogurt*

♦ *Non-fat plain, thick yogurt w/pinch of each spice*

used in gingerbread plus 1TBSP honey (per cup of yogurt) stirred in

BANANA-NUT-WHEAT MUFFINS

These are just SOoooo yummy!

INGREDIENTS:

DRY

1 & ½ cups whole wheat flour
½ cup all purpose unbleached flour
1 cup natural sugar
½ tsp baking soda
½ tsp baking powder
½ tsp sea salt
¾ cup toasted pecan bits
1 tsp nutmeg
½ tsp cinnamon

WET

- 1 & ½ cups bananas, cut into thick slices, then cut in half
- 1 TBSP honey
- 2 eggs, lightly beaten
- 1 cup non-fat yogurt - Greek, or strained (it should be very thick)
- ¼ cup buttermilk
- ½ cup canola oil
- ½ tsp vanilla or almond extract

PREPARATION:

5. Pre-heat oven to 400 °
6. Mix dry ingredients together well, then gently toss banana pieces into the dry ingredients.
7. Combine eggs, yogurt, oil and vanilla and mix well.
8. Stir into dry ingredients until just moistened.
9. Fill greased muffin cups 2/3's full and bake for 18-22 minutes (until golden brown and toothpick - or plastic knife inserted into the center comes out clean. Let muffins cool for 5 minutes before removing from muffin tin.

VARIATIONS:

- **WHOLE WHEAT BERRY BLAST:** As above, but stir in blend of 1 & ½ cups fresh or frozen cranberries, blueberries and raspberries instead of banana -- no nuts.
- **HARVEST TREAT:** As above, but stir in 1 & ½ cups peeled and chopped apple and pear instead of banana, use no nutmeg, double cinnamon to 1 tsp and add ½ tsp ginger powder.
- **APPLE-OF-MY-EYE:** As above, but add 1 & ½ cups peeled and chopped apples (2 different kinds), 1 tsp cinnamon, no nutmeg and ½ tsp allspice.

LEMON SQUARED MUFFINS

If you like lemons, you will love this creamy, lemony low-fat treat! Yes - I said low fat! With egg whites, non-fat plain yogurt and canola oil, these treats are almost guilt-free! Kick it up a notch by adding a cup of fresh blue berries (just a light stir; don't overmix)!

INGREDIENTS:

DRY

- 2 cups all purpose unbleached flour
- 1 cup natural sugar
- ½ tsp baking soda
- ½ tsp baking powder
- ½ tsp sea salt
- 2 tsps freshly ground nutmeg
- 1 tsp cardamom

WET

- 2 tsps lemon zest
- 3 egg whites, lightly beaten

- 1 cup non-fat plain Greek yogurt (or strained)
- ¼ cup fresh lemon juice
- ½ cup canola oil
- ½ tsp lemon oil (for baking)
- ½ tsp vanilla extract
- 1 jar Trappist Lemon Marmalade – for filling
- juice of 3-4 lemons for basting/dipping cooked muffins
- confectioner's sugar for dusting muffin tops

PREPARATION:

- 1.** Pre-heat oven to 400°. Spray a muffin tin with vegetable oil cooking spray, OR brush lightly with vegetable or canola oil. Don't forget to brush just a bit around the rims so that muffins can be removed easily.
- 2.** Whisk dry ingredients together well. THEN combine egg whites, zest, yogurt, juice, oil, lemon oil and vanilla in a **separate** bowl and whisk together briskly.
- 3.** Stir into dry ingredients until just moistened, **taking care not to overmix!**
- 4.** Scoop 1 small (cookie scooper) scoop full of batter into the oiled muffin tin (just enough to cover bottom). Carefully place about 1 tsp of the marmalade in the center, then top with a second scoop full of the batter - it should be about 2/3s full.
- 5.** Bake for 18-20 minutes (until golden brown and toothpick - or plastic knife inserted into the center comes out clean. Let muffins cool for 1 minute, then brush with lemon juice - wait a few seconds and brush again. Gently remove muffins from tin, dip bottoms in any remaining juice and place on platter. Sprinkle with sifted confectioner's sugar.

PUMPKIN OAT BRAN MUFFINS

*If you like lemons, you will love this creamy, lemony low-fat treat!
Yes - I said low fat! With egg whites, non-fat plain yogurt and canola oil,
these treats are almost guilt-free!*

INGREDIENTS:

- 1 cup unprocessed oat bran
- ½ cup firmly packed brown sugar
- ½ cup oat flour
- ½ cup all purpose flour
- 2 tsps baking powder
- 1 tsp pumpkin pie spice
- ¼ tsp sea salt
- -----
- 1 cup cooked, mashed pumpkin
- ½ cup (non or low fat) buttermilk
- ½ cup nf yogurt **OR** 2 large egg whites, lightly beaten
- 1 cup chopped (small) apples (Gala, Fuji, Braeburn..)
- 1 TBSP honey
- 2 TBSPs canola oil
- canola oil cooking spray for pan

PREPARATION:

1. Pre-heat oven to 425 °
2. Combine 1st 7 ingredients in a large bowl; stir well.
3. Make a well in the center of the mixture and stir in pumpkin and the next 5 ingredients - just until moistened. (DO NOT over mix!)
4. Spoon into muffin pan coated with cooking spray - filling ¾ of the way full.
5. Bake at 425 ° for 20 minutes and remove from pan immediately.

=====

SOME OPTIONS:

- ☆ Instead of pumpkin, try ¾ cup mashed banana & 1 cup toasted pecan bits
- ☆ Add 1 cup whole cranberries - fresh or frozen - if frozen - do not defrost!

LEMON-ZUCCHINI MUFFINS

Based on a recipe from the Durham House Bed & Breakfast in Houston, Texas.

Yield: 1 dozen muffins

INGREDIENTS:

DRY

1 cup whole wheat flour
1 cup all purpose unbleached flour
 $\frac{3}{4}$ cup natural sugar
 $\frac{1}{2}$ tsp sea salt (fine)
 $\frac{1}{2}$ TBSP baking powder
 $\frac{1}{2}$ cup toasted pecan bits
 $\frac{1}{2}$ tsp (freshly ground) nutmeg
 $\frac{1}{2}$ tsp cardamom
finely chopped zest of 1 lemon

WET

- 1 large egg
- $\frac{1}{2}$ cup Greek (or strained) non-fat, plain yogurt
- $\frac{1}{2}$ cup buttermilk
- 2 tsps honey
- $\frac{1}{3}$ cup canola oil
- 1 tsp lemon extract - OR - $\frac{1}{2}$ tsp lemon baking oil
- 1 $\frac{1}{2}$ cups shredded zucchini
- canola oil or spray for the pan

PREPARATION:

1. Pre-heat oven to 400°
2. In a large bowl, mix flour, sugar, baking powder, salt, lemon zest, and spices. Stir in the nuts.
3. In a small bowl, Beat the egg slightly. Beat in yogurt, buttermilk, oil, honey and lemon extract (or baking oil). ADD to the flour mixture and stir in the shredded zucchini until just blended.
4. Fill an oiled (or sprayed) 12-cup muffin pan with the batter - about $\frac{3}{4}$'s full - and bake until wooden pick inserted in muffin center comes out clean (15-18 minutes).

CARROT-ZUCCHINI MUFFINS

Based on a recipe from The Summer House in Sandwich, Massachusetts.

Yield: 1 dozen muffins

INGREDIENTS:

DRY

- 1 cup all purpose unbleached flour
- $\frac{3}{4}$ cup whole wheat flour
- 3 TBSPs (natural) sugar
- $\frac{3}{4}$ tsp sea salt (fine)
- $\frac{1}{2}$ TBSP baking powder
- $\frac{1}{2}$ cup toasted pecan bits
- $\frac{1}{2}$ tsp ground cinnamon
- $\frac{1}{4}$ tsp freshly ground nutmeg
- $\frac{1}{4}$ tsp ground allspice
- finely chopped zest of 1 orange
- 1 cup grated zucchini
- 1 cup grated carrots

WET

- 1 large egg
- $\frac{1}{2}$ cup Greek (or strained) non-fat, plain yogurt
- $\frac{1}{2}$ cup buttermilk
- 2 tsps honey
- $\frac{1}{4}$ cup canola oil
- $\frac{1}{4}$ cup orange juice
- 1 tsp orange extract - OR - $\frac{1}{2}$ tsp orange baking oil
- canola oil or spray for the pan

PREPARATION:

1. Pre-heat oven to 400 °
2. In a large bowl, combine dry ingredients.
3. In a small bowl, combine wet ingredients. MAKE a well in the center of the dry ingredients and pour the wet ingredients in, combining until ingredients are just moistened - don't overmix!
4. Fill an oiled (or sprayed) 12-cup muffin pan with the batter - about $\frac{3}{4}$'s full - and bake until wooden pick inserted in muffin center comes out clean (15-18 minutes).

APPLE-CHEDDAR MUFFINS

Based on a recipe from The Summer House in Sandwich, Massachusetts.

Yield: 1 dozen muffins

INGREDIENTS:

WET

- ¼ cup margarine
- ¾ cup sugar
- ½ tsp vanilla extract
- 1 large egg, beaten
- 2 tsps honey
- ½ tsp ground cinnamon
- ¼ tsp sea salt (fine)
- ¼ tsp ground nutmeg
- 1 TBSP cream (OR - non-fat Greek or strained yogurt)

DRY

- 1 cup all purpose unbleached flour
- ½ cup whole wheat flour
- 1 tsp baking powder
- ½ tsp baking soda
- 1 ½ cups apples, peeled and chopped
- 1 cup shredded extra sharp cheddar cheese

ADD-INS

PREPARATION:

1. Pre-heat oven to 350°
2. Cream margarine and sugar, then add vanilla and beaten egg.
3. In a separate bowl, stir together the dry ingredients and add to batter, stirring just to moisten. Add apples, cheese and cream (or yogurt), stirring gently to distribute add-ins evenly.
4. Bake for 20-25 minutes - until wooden pick inserted into center comes out clean.