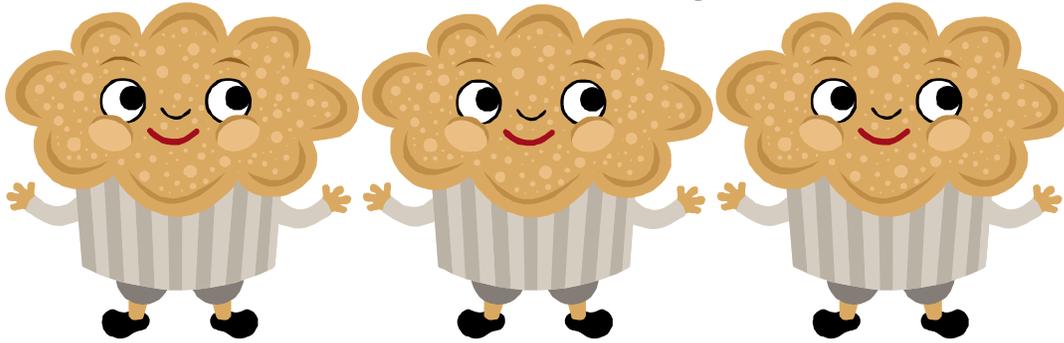


## A-B-C Muffin Mix

Shelf life: 6-8 months in airtight container.



Stir together well---breaking up lumps

18 cups flour (5 lbs minus 3/4 cups) (like I do that :-))

5 cups sugar ( or equivalent dry substitute)

2 1/4 cup dry buttermilk blend or non fat dry milk ( I use the dry milk)

6 TBL baking powder

2 TBL baking soda

2 TB salt

3 TBS ground cinnamon

3 tsp ground nutmeg

Store in large airtight container, labeled with the date and contents.

(I use a white bucket from the grocery store bakery, I don't date it either. I use it too fast.)

Store in a cool, dry place. Shelf life: 6-8 mos. Makes enough for about 5 batches of 24 muffins each

If desired, sugar can be omitted then stir in 1 cup honey for every 24 muffins as you make them.

If you omit the cinnamon and nutmeg ; use 1 tsp of cinnamon and 1/4 tsp of nutmeg per 2/14 cups of mix

### To make muffins:

#### 24 regular sized muffins

3-4 eggs

3tsp vanilla

2 cups water

up to 1 cup oil or butter or applesauce ( I use pumpkin or applesauce)

4 1/2 cups dry mix

**12 regular sized muffins** (I never make that few :- ) they don't last)

2 eggs

1 1/2 tsp vanilla

1 cup water

1/2 cup oil or butter or applesauce or whatever :-)

2 1/4 cup dry mix

Preheat oven to 400 F

Coat muffin tins

In a large bowl, beat the eggs, vanilla water and oil (or whatever). Stir in muffin mix and additional ingredients (listed below; use 1/2 the amount if making 12 muffins) just until moistened. The batter should be lumpy.

Fill muffin tins 3/4 full. Bake 18-20 min.

Muffins freeze well.

To reheat frozen muffins, microwave on high for 30 seconds per muffin

There are a ton of variations listed. I will type a few for you. You will get the idea.

**Applesauce muffins:** 1 cup applesauce omit the oil

**Apricot muffins:** 1 cup chopped dried apricots

**Banana muffins:** 6 mashed bananas, 1 cup walnuts (optional)

**Blueberry muffins:** 2 cups fresh or frozen rinsed blueberries

(these may taste funny with the cinnamon and nutmeg)

**Carrot:** 2 cups grated carrots, 1 cup raisins, 1 1/2 tsp allspice

**Chocolate chip fudge:** 1 1/2 cups cocoa, 1/2 cup sugar, 3 cups mini choc chips (these too on the cinnamon)

**Granola:** reduce muffin mix to 4 cups add: 1 1/2 cups granola, Top with additional granola before baking

**Grape nuts muffins:** reduce mix to 4 cups add: 2 1/2 cups grape nuts, 1 tsp allspice

**Fruit muffins:** 2 cups dried diced fruit

**Garden fresh:** 1 cup grated carrots, 1 cup grated zucchini, 1/2 tsp ground cloves

**Gingerbread:** 2 TBs ground ginger, 1/2 cup molasses, 2 cups raisens

### **Toppings:**

These two toppings would go well with almost any of the ABC muffins  
Sprinkle mixture atop uncooked muffins  
(left over topping can be kept in the fridge)

### **Streusel for 24 muffins**

mix together  
1 cup sugar  
1 tsp cinnamon  
2/3 cup flour  
cut in 1/2 cup cold butter until crumbly

### **Crunchy for 24 muffins**

mix together  
1 cup rolled oats  
1 cup flour  
1/2 cup brown sugar  
2 tsp ground cinnamon  
cut in 1/2 cup softened butter until crumbly

*Barbara Stone*