

Muffin Base

Ingredients

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1 cup sugar
- 2 tsp baking powder
- 1/8 tsp salt
- 2 large eggs
- 1/2 cup vegetable oil
- 3/4 cup 1% milk

Notes

Number of Portions: 16

Serving Size: 1 each

Nutrition Facts: 177 calories,
7.77 g fat, 1.31 g saturated fat,
78 mg sodium, 24.71 g
carbohydrate, 1.01 g fiber, 13.2 g
sugar, 2.97 g protein

Note: Any additions may change
the nutrition facts information

Directions

1. Preheat Convection oven to 325°F or Conventional oven to 350°F.
2. Line muffin tins with paper cups then set aside.
3. In a small bowl, combine flour, sugar, baking powder, and salt, then set aside.
4. In a mixing bowl or mixer, beat eggs, oil, and milk together until fully incorporated. Gently and slowly mix in dry mixture.
5. Portion batter into paper-lined muffin tins using #16 scoop or fill 2/3 of the way full.
6. Bake for 25 to 30 minutes. Let cool, then sprinkle with powdered sugar if desired.

Get creative with this base recipe and add your choice of flavorings, fruits, or nuts.