



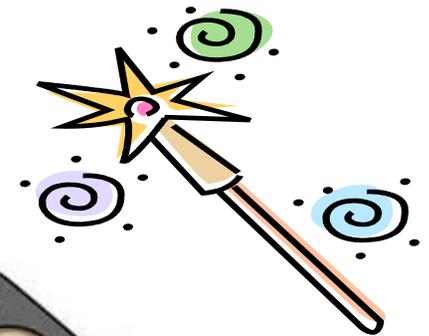
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to reach audiences.*

Magic in Your Muffin Tin



Presented by Lisa Hamblin
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NOTES:

The Muffin Tin

- * Slashed cooking time
- * Built in portion control
- * Great for kids
- * Adaptable and packable
- * Frozen assets



Tools of the Trade

- ◆ Silicone
- ◆ Metal
- ◆ Stoneware
- ◆ Cast Iron



Size

- Mini– 2 Tablespoon capacity
- Medium or Standard—1/2 cup capacity
- Jumbo– 1 cup capacity



A Sticky Situation– Paper liners or no paper liners! Parchment paper liners work great!

Scrambled Egg Muffins

- 1/2 pound bulk pork sausage
- 12 eggs
- 1/2 cup chopped onion
- 1/4 cup chopped bell pepper
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1 cup shredded cheddar cheese



In a skillet, brown the sausage; drain. In a bowl, beat eggs. Add onion, bell pepper, salt, pepper and garlic powder. Stir in sausage and cheese. Spoon by 1/3 cupful into standard, greased muffin cups. Bake at 350 degrees for 20-25 minutes.

yield 1 dozen.

Best Ever Pumpkin Muffin Recipe

Prep Time: 15 min **Cooking Time:** 8-10 minutes

- 1 1/2 cups flour
- 3/4 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- pinch of salt
- 1 teaspoon pumpkin pie spice
- 1 can 100% pure pumpkin
- 2 large eggs, lightly beaten
- 1/2 cup canola oil or vegetable oil
- 1/3 cup low-fat Greek yogurt



Preheat oven to 400 degrees. Spray mini muffin tins with cooking spray. Mix flour, sugar, baking powder, baking soda, pumpkin pie spice and salt in large bowl. In a separate bowl, whisk together pumpkin, eggs, oil, and yogurt. Combine wet and dry ingredients until just blended. Spoon batter into muffin tins. Bake for 8 to 10 minutes or until toothpick comes out clean. Cool!

Pecan Pie Muffins



- 1 cup packed light brown sugar
- 1/2 cup all-purpose flour
- 2 cups chopped pecans
- 2/3 cup butter, softened
- 2 eggs, beaten

Preheat oven to 350°. Grease mini or regular muffin cups generously. Grease them well or they will stick. In medium bowl, stir together brown sugar, flour and pecans. In a separate bowl, beat the butter and eggs together. Stir in dry ingredients just until combined. Spoon batter into muffin cups about 2/3 full. Bake for 12-13 minutes for mini muffins or 15-17 minutes for regular size muffins. Run a knife around the edge of each muffin and pop it out.

Stop stirring and continue cooking 10 minutes or until the color of light brown sugar. Remove from heat; carefully stir in butter and milk. Place pan over medium-high heat until caramelized sugar melts. Bring to a boil; cook 1 minute.

Remove pan from heat; cool caramel to room temperature. Cover and chill 1 hour or until slightly thickened.

Take cheesecakes out of the oven when they are done. Once cool, the middle will slightly fall and this is the perfect indent for the caramel.

Spoon about 1 tablespoon caramel over each cheesecake.



Banana Oatmeal Muffins

1 cup old fashioned oats (not quick-cooking)
1 cup buttermilk
1 1/2 cup all purpose flour
1 tsp. cinnamon
1 tsp. baking powder
1/2 tsp. baking soda
1/4 tsp. salt
1 egg
1/2 cup applesauce
1 cup mashed ripe banana (about 2 bananas)
1/2 cup light brown sugar
1/2 cup chopped walnuts



In large mixing bowl, combine oats and buttermilk. Set aside for 1 hour.

Preheat oven to 400 degrees. Spray standard muffin tin with cooking spray.

In small bowl, whisk together: flour, cinnamon, baking powder, baking soda, and salt. With a fork, lightly beat egg into oat mixture. Add applesauce, bananas and brown sugar into wet ingredients. Add dry ingredients, stirring just until combined. Fold in walnuts. Spoon batter into muffin tin, filling to the top.

Bake 15-20 minutes or until toothpick inserted into center of muffin comes out clean. Serve warm.

Makes 12 muffins

Source: AICR 3-news, January, 2014

Chicken Pot Pie Cupcakes

Try a fun new way to have chicken pot pie in a cupcake form

Ingredients

1 can (18.5 oz) Progresso® Rich & Hearty chicken pot pie style soup

1/3 cup Betty Crocker® Potato Buds® mashed potatoes (dry)

1/2 cup Green Giant® frozen mixed vegetables, cooked

1/4 teaspoon dried thyme leaves

1/4 teaspoon pepper

2 cans (8 oz each) Pillsbury® Crescent Recipe Creations® refrigerated flaky dough sheet

1 tablespoon butter, melted

Directions

Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray.

In medium bowl, mix soup, potatoes (dry), cooked vegetables, thyme and pepper.

Unroll 1 can of dough; spread with half of soup mixture.

Starting at shortest side, roll up; pinch edges to seal. Cut into 6 slices. Place 1 slice in each of 6 muffin cups. Repeat with remaining dough and soup mixture.

Bake 25 to 30 minutes or until golden brown. Brush top of each with melted butter; remove from pan. Serve immediately.



Gluten -Free Caramel Cheesecakes

19 ounces cream cheese

3 eggs

1/4 cup sugar

1 tsp vanilla

Caramel:

1/2 cup granulated sugar

2 tablespoons water

1 tablespoon butter

1/2 cup evaporated milk

Crust:

1 cup almond meal

1/2 cup slivered almonds

1/4 cup sugar

1/4 teaspoon fine sea salt

1/4 teaspoon ground cinnamon

1/4 teaspoon baking soda

1/4 cup melted butter

Preheat oven to 350 degrees F.

Crush slivered almonds. In a mixing bowl, whisk together almond flour, almonds, baking soda, salt, sugar and cinnamon.

Add the butter and combine with a spoon.

Line a muffin tin with liners. Push the almond mixture into the bottom of the liners.

Bake for 10 minutes to set.

Turn oven down to 300°.

In a mixing bowl, add cream cheese, vanilla, sugar and eggs.

Beat until light and fluffy.

Spoon mixture into the muffin tins with prepared almond crust.

Bake for 40 minutes.

While cakes are cooking, start on the caramel.

Combine granulated sugar and 2 tablespoons water in a medium, heavy saucepan over medium-high heat; cook until sugar dissolves, stirring gently for 3 minutes.

Cont'd...

Muffin Tin Pumpkin Pies:

Pumpkin pie filling for one 9-inch pie
Two 9-inch pie crust dough bowl or
round cookie cutter 4 inches in diameter
Standard muffin tin
Whipped cream

Makes 12 mini pumpkin pies

Prep your dough. Using a bowl or 4 inch round cookie cutter, cut out 12 circles from your 2 9-inch pie crust dough.

Place each circle into a pre-greased muffin tin. Press them in, letting the sides come up for a fun look. Score the bottom of your dough with a fork to keep the crust from bubbling up as it cooks.

Pour filling into each muffin tin cup. Fill them to the very top.

Bake pies at 425* for 15 minutes. Then turn the heat down to 350* and bake them for 25-30 minutes. (This is 15-20 minutes less than a regular pie)

Let these cool on a wire rack for a couple of hours to let the pumpkin filling set. Add a dollop of whipped cream to each individual muffin tin pie.



Corn Dog Muffins

Makes 48 mini muffins

Ingredients:

1/2 cup melted butter (or 1/4 cup butter + 1/4 cup unsweetened applesauce)
1/2 cup sugar
2 eggs
1 cup buttermilk
1/2 teaspoon baking soda
1 cup cornmeal
1 cup all purpose flour
1/2 teaspoon salt
8-10 all-beef hot dogs, cut into 1" bites

Directions:

Preheat oven to 375 degrees. Combine butter and sugar in a large bowl. Add eggs and whisk to incorporate. Add buttermilk. In a separate bowl, combine baking soda, cornmeal, flour, and salt, and stir to combine. Whisk into wet ingredients in two batches. Spray a mini muffin tin with non-stick spray, and spoon 1 Tablespoon of batter into each muffin cup. Place one hot dog bite into the middle of each cup.

Bake 8-12 minutes, or until cornbread is golden brown. Cool in muffin tin 5 minutes before serving. Refrigerate leftovers and re-heat for 20-30 seconds.



Double Decker Taco Cupcakes

Wonton wrappers make for perfectly sized pasta squares that can be layered in muffin tins with taco meat, beans, cheese, and crushed chips.

**Seriously yummy,
cute, and super fast.**



Deep Dish Pizza Cupcakes

1 can refrigerated crescent rolls (I used the seamless sheet)
1/2 cup pizza sauce
1 cup shredded mozzarella cheese
1/2 tsp garlic powder
pizza toppings - pepperoni, ham, sausage, peppers, onions, mushrooms

Preheat oven to 375 degrees.
Spray 8 regular muffin cups with cooking spray. Cut crescent roll dough into 8 squares. Press into muffin cups.

Sprinkle some of cheese (about 1 Tbsp.) in the bottom of each muffin cup. Top with 1 Tbsp. of pizza sauce. Add remaining cheese and top with pizza toppings. Sprinkle garlic powder over toppings. Bake 15-18 minutes. Remove from pan and serve immediately.



Cheese Danish Cups:

1 tube refrigerated crescent roll dough (8 pieces)
8 ounces light cream cheese, softened
1/4 cup powdered sugar
1/2 tsp. vanilla
1 egg yolk
4-6 Tbsp. strawberry jam



Preheat oven to 400 degrees F, and prepare 8 regular muffin cups.

Place one crescent roll in each cup, with the thin pointy side of the triangle coming out of the cup and the opposite side in the bottom of the cup. Then wrap and tuck the long pointy end around the sides of the cup, pressing it and the bottom edge so the entire cup is lined.

Mix cream cheese, sugar, vanilla, and egg yolk until completely combined.

Divide cream cheese mixture among cups and use your thumb or a spoon to create a big indent in the middle of each.

Place about 1/2 to 3/4 tablespoon strawberry jam in each indentation.

Bake for 10-12 minutes, until filling is set and roll is golden brown.

Source: The Muffin Tin Cookbook, by Brette Sember

Frozen Peanut Butter and Jam Cups

3 cups strawberries, coarsely chopped
1-2 Tbsp. sugar
3/4 cup evaporated milk
2/3 cup creamy peanut butter
1 tsp. vanilla

Add strawberries and sugar to a food processor or blender container and blend until smooth.

In a separate bowl, whisk milk into peanut butter, until silky smooth. (All the milk may not be necessary.) Stir in vanilla.

Divide peanut butter mixture among 24 non-stick, mini muffin cups, filling half full. Top with strawberry puree. Place pans in freezer until solid, about 4 hours.

Unmold cups, placing them in an airtight container, and return to freezer until ready to use.

Source: www.muffintinmania.com



Meat Loaf and Potato Cupcakes

Potatoes

1 pouch Betty Crocker® roasted garlic mashed potatoes (from 6.6 -oz box) Water, butter and milk called for on potato box for 1 pouch
1/2 cup shredded Cheddar cheese (2 oz.)

Meat Loaf Mixture

1 lb. extra-lean (at least 90%) ground beef
1/4 cup Progresso® Italian style bread crumbs
2 tablespoons chopped onion
2 tablespoons milk
1/4 teaspoon pepper

1 egg

Sauce

1/2 cup ketchup
1 tablespoon packed brown sugar
2 teaspoons ground mustard
1/2 teaspoon ground nutmeg
Chopped fresh parsley, if desired



Directions

Heat oven to 375°F. Place foil baking cup in each of 12 regular-size muffin cups.

In 2-quart saucepan, make 1 pouch potatoes as directed on box. Stir in cheese. Set aside.

In large bowl, mix meat loaf mixture ingredients. Press about 3 tablespoons meat mixture in each muffin cup.

In small bowl, mix all sauce ingredients except parsley. Spread about 2 teaspoons sauce over meat loaf mixture in each muffin cup. Place potato mixture in decorating bag fitted with #847 or desired tip. Pipe potatoes on cupcakes.

Bake 14 to 16 minutes or until meat thermometer inserted in center of cupcake reads 160°F. Sprinkle with parsley; serve immediately.

Lasagna Rolls

9-12 lasagna noodles, prepared according to directions
2 Tbsp. olive oil
1 onion, chopped
1 clove minced garlic
1 lb. ground beef (optional)
2 cups pasta sauce, homemade or store bought
1 1/2 cups ricotta cheese
2-3 tsp. Italian seasoning
1 cup shredded mozzarella cheese

In a large skillet heat oil on medium-high heat, cook onion and garlic until tender. Add ground beef to brown. Drain. Heat pasta sauce and beef in skillet. Divide half the sauce among 6 jumbo non-stick muffin cups. Add Italian seasoning to ricotta cheese and blend. Lay the noodles on a flat work surface and spread ricotta cheese over each one. Tightly roll the noodles. Slice each roll in half and place 3 lasagna rounds, cut side up, into each of the muffin cups. Sprinkle the tops with a dash of salt. Top with the remaining sauce and mozzarella cheese.

Bake at 400 degrees F. until the cheese is melted and bubbly, about 20 minutes. Let cool several minutes before unmolding. As they cool, the lasagna rolls will meld together.

Source: The Muffin Tin Chef by Matt Kadey



Easy Broccoli, Cheese and Ham Muffins



1 bag (12 oz.) Green Giant Valley Fresh Steamers Frozen Broccoli & Cheese Sauce.
1 1/2 cups Original Bisquick mix
1/2 cup milk
3 Tbsp. vegetable oil
1 egg
3/4 cup chopped, cooked ham
1/2 cup shredded sharp Cheddar Cheese (2 oz.)

Heat oven to 400 degrees F.

Spray 12 regular-size muffin cups with cooking spray.

Cook broccoli as directed on bag.

In large bowl, stir together Bisquick mix, milk, oil, egg, and pepper. Stir in broccoli, ham and cheese just until well mixed. Spoon mixture evenly into muffin cups.

Bake 18 to 22 minutes or until golden brown. Cool 5 minutes; remove from pan. Serve warm

Makes 12 muffins

Source: bettycrocker.com