



Courageous Muffins Recipe

BATTER INGREDIENTS

- 4 tablespoons butter
- 1/2 cup sugar
- 1 beaten egg
- 1/4 cup milk
- 1 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup white flour

Choose 1-2 custom batter ingredients. If using 2, you may want to reduce the quantity of each ingredient.

Spices (ground)

- 1/2 tsp cinnamon
- 1/2 tsp cardamom
- 1/2 tsp ginger

Herbs (fresh)

- 1/2 tsp thyme
- 1/2 tsp rosemary

Citrus Zest

- 1/2 tsp lemon zest
- 1/2 tsp lime zest
- 1/2 tsp orange zest

- 1/2 cup shredded cheese

- _____ (Something else. We suggest 1/2 tsp)

Choose your add ins, 1/2 cup total.

Fruits

- apples
- blueberries
- mango
- _____

Shredded Veggies

- carrots
- zucchini
- _____

Other

- chocolate chips
- raisins
- shredded coconut
- _____

CRUMB TOPPING INGREDIENTS

- 2 tablespoons for crumb topping
- 1/4 cup sugar
- 1/4 cup white flour

Choose 1 custom topping ingredients

Powders & Spices (ground)

- 1/2 tsp cinnamon
- 1/2 tsp cardamom
- 1/2 tsp ginger
- 1/2 tsp cocoa powder

Citrus Zest

- 1 Tbs lemon zest
- 1 Tbs orange zest

Sweeteners and Flavoring

- 1/2 tsp vanilla
- 1/2 tsp almond extract

- _____ (Something else. We suggest 1/2 tsp for spices or flavoring and 1 Tbs for zest)

MUFFIN DIRECTIONS

Yield: 8-10 muffins

DESIGN

1. Decide how to customize your batter, add-ins, and crumb topping. BE COURAGEOUS by stretching yourself to try unfamiliar muffin flavors. Gather the necessary ingredients.

PREP MUFFIN BATTER

2. Preheat the oven to 375 °F.
3. In a large mixing bowl, use an electric mixer to cream 4 Tablespoons butter and 1/2 cup sugar until light and fluffy.
4. Add 1 egg, 1/4 cup milk, 1 teaspoon baking powder, 1/4 teaspoon salt and custom batter ingredients. Beat until smooth.
5. Use a spatula or spoon (not the electric mixer) to mix in 1 cup flour until fully combined. Do not over mix.
6. Add chosen mix-ins. Chop up fruit or shred veggies as necessary. Gently fold into the batter. Again, be careful not to overmix.
7. Distribute batter among 8-10 muffin cups/ tins.

PREP CRUMB TOPPING

8. Use a butter knife to cut 2 Tablespoons butter into small pieces. Add to hard-sided mixing bowl.
9. Add 1/4 cup flour, 1/4 cup sugar, and custom ingredients into mixing bowl with butter.
10. Use a metal fork to mash butter into dry the ingredients. Continue until most of the mixture is in small bead-sized pieces.

BAKE MUFFINS

11. Use a spoon to sprinkle crumb topping on each unbaked muffin.
12. Bake for 25 minutes at 375 °F. Poke a toothpick into the center of each muffin. If it comes out clean, it's done. If not, bake 3 more minutes and check again.
13. Plate and enjoy! Fill out the Muffin Tasting Notes page to capture ideas for possible future redesigns.

Courageous Muffins Tasting Notes

Reflect on how your creation turned out and capture ideas you have about possible future redesigns.



Plating & Presentation

Enjoy it with your eyes first. Describe the dish's appearance.



Aroma

Close your eyes and give it a sniff, what aromas do you smell?



Taste and Texture

Give it a taste. What flavors stand out? What textures do you notice?



Notes for the Future

If you were to make this dish again, what would you do the same? What would you change?

What new ideas do you have for future muffins?