

# **Kid Approved, *Yummy Mommy Making* Healthy Muffins in a Hurry**



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[www.healthy-family-eating.com](http://www.healthy-family-eating.com)

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By Tammy Harnett

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## **Table of Contents**

- Muffin Making Tips ..... 4
- All Bran Health Muffins ..... 5
- Basic All Bran Muffins ..... 6
- Banana Oatmeal Muffins ..... 7
- Bran Muffins ..... 8
- Banana Bran Muffins ..... 9
- Banana Nut Muffins ..... 10
- Banana and Walnut Muffins ..... 11
- Moist Carrot Muffins ..... 12
- Egg-Free Bran Muffins ..... 13
- Blueberry Oatmeal Muffins ..... 14
- Healthy Blueberry Muffins ..... 15
- Four Grain Muffins ..... 16



## Muffin Making Tips:

These healthy muffins have less sugar, more whole-wheat, bran or oats. The addition of fruit – fresh or dried - can also add in some extra vitamins and minerals.

Most of the recipes are pretty adaptable so you can play around with them, be creative and get really good results. The secret to successful muffins is in the mixing – don't overmix!

There are 2 kinds of muffins: stirred and creamed muffins.

### 1. Stirred muffins are

- Amazingly easy to make. Everything is kind of thrown into the mixing bowl and stirred together.
- Mixing is kept to an absolute minimum – under-mixing rather than over-mixing is the order of the day.

### 2. Creamed muffins

- Taste more like cupcakes and the method of making them is the same.
- You would first cream together the butter and sugar, then add the eggs and then dry ingredients

I much prefer the idea of banging everything together. It's quick and easy which is what busy parents like us are looking for. The muffins made this way also tend to be the healthy muffin recipes – so it's an all-round winner!

A regular sized muffin will generally bake at between 180°C (350°F) and 200°C (400°F) for about 20 – 25 minutes. You can fill the greased muffin tins or paper cups about 2/3 full, but you can experiment and see what suits your needs and taste.

Almost all muffins freeze fantastically well. I just put mine into plastic bags (I tend to pack a bag of 6) and freeze till I need them. They defrost really quickly too, so you can take them out and leave them just like that to thaw or pop them into the microwave for a few seconds to defrost and warm up again....its as if they've just come out of the oven! Yummy!



# All Bran Health Muffins

*Makes 12 muffins*

## Ingredients

- 2c All Bran Flakes
- ½ c (125ml) brown sugar
- ½ c (125ml) oatmeal
- ¾ c whole wheat flour
- 2 eggs
- ¼ c (60ml) olive oil
- ¾ c (180ml) water
- ¾ c (180ml) milk
- ¼ c (60ml) sunflower seeds
- 1c grated apple (about 2 small apples)

## Instructions

1. Put all the ingredients together in a bowl and mix together until just combined.
2. Bake @ 400°F (200°C) for about 20 minutes or until golden brown and cooked through.
3. If you are making giant muffins, bake them for around 25 minutes until cooked through.

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# Basic All Bran Muffins

*Makes 12 muffins*

## **Ingredients**

- 2c (500ml) All Bran Flakes
- 2 eggs
- ¼ c (60ml) olive oil
- 1 ¼ c (310ml) whole wheat flour
- ½ c (125ml) brown sugar
- 1T (15ml) baking powder
- ½ t (2.5ml) salt
- ¾ c (180ml) water
- ½ c (125ml) milk

## **Instructions**

1. Put all the ingredients together in a bowl and mix together until just combined.
2. Bake @ 400°F (200°C) for about 20 minutes or until golden brown and cooked through.
3. If you are making giant muffins, bake them for around 25 minutes until cooked through.

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# Banana Oatmeal Muffins

*Makes 12 regular size muffins*

## Ingredients

- 160ml (2/3 c) brown sugar – you could reduce the sugar to 1/2c if you prefer
- 250ml (1c) rolled oats or oatmeal, processed to make fine crumbs
- 180ml (3/4c) whole wheat flour (for a wheat-free version, see cooks notes)
- 10ml (2t) baking powder
- 2.5 ml (1/2t) bicarbonate of soda
- 2.5ml (1/2t) salt
- 2 eggs
- 250ml (1c) mashed bananas – usually 3 bananas
- 60ml (1/4c) olive oil
- 125ml (1/2c) chopped walnuts

## Instructions

1. Combine all the dry ingredients together (no need to sift), then add the eggs, mashed banana, oil and nuts.
2. Mix together till just combined – do not over stir.
3. Spoon the mixture into a greased 12-cup muffin tray.
4. Bake at 350°F (180°C) for about 20 minutes or until golden brown and cooked through.

## Cooks Notes

- If you would like to use even less oats, you can use 1/2c whole wheat flour, 1c rolled oats or oatmeal and 1/4c oat bran.
- For a wheat-free muffin, leave out the whole wheat flour and process 1 1/4c oats to form fine crumbs, then add 1/2c oat bran...then continue to follow the recipe as usual.

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# Bran Muffins

*Makes about 12 regular size muffins*

## Ingredients

- 750ml (3c) bran
- 300ml (1 1/4c) whole wheat flour
- 60ml (1/4c) oat bran
- 125ml (1/2c) sugar
- 10ml (2t) baking soda (bicarbonate of soda)
- pinch of salt
- 2 eggs
- 500ml (2c) low fat milk or buttermilk
- 60ml (1/4c) oil (try canola oil)

## Directions

1. Preheat the oven to 400°F (200°C).
2. Put all the dry ingredients into a mixing bowl.
3. Add the eggs and milk or buttermilk and oil.
4. Mix together until just combined.
5. Depending on your climate, you may have to add a bit more milk. The mixture must not be stiff.
6. Spoon the mixture into greased muffin tins and bake for 15 – 20 minutes until done.

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# Banana Bran Muffins

*Makes about 24 muffins*

## **Ingredients:**

- 3 eggs
- 250ml (1c) brown sugar
- 60ml (¼c) canola oil
- 560ml (2¼c) milk (you may need a bit more)
- 12,5ml (2½t) bicarbonate of soda
- Pinch of salt
- 125ml (½c) pumpkin seeds
- 125ml (½c) sunflower seeds
- 125ml (½c) desiccated coconut
- 4 bananas, mashed
- 625ml (2½c) whole-wheat flour
- 500ml (2c) digestive bran

## **Directions:**

1. Preheat the oven to 400°F (200°C)
2. Mix the sugar & eggs together, then add the oil and milk.
3. Add all the dry ingredients and mix together. You may need to add some extra milk to get a good consistency. It mustn't be stiff at all.
4. Spoon the mixture into the muffin trays.
5. Bake for about 20 minutes/until done.

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## Banana Nut Muffins

*Makes about 12 regular sized muffins*

### **Ingredients:**

- 250ml (1c) bran
- 250ml (1c) whole wheat flour
- 5ml (1t) baking powder
- pinch of salt
- 30ml (2T) sugar
- 125ml (1/2c) chopped nuts of your choice
- 2 bananas, mashed
- 250ml (1c) low fat milk
- 1 egg
- 60ml (1/4c) vegetable oil

### **Directions:**

1. Preheat the oven to 350°F (180°C).
2. Put all the ingredients together in a mixing bowl and mix until just combined. Be careful not to over-mix.
3. Spoon the mixture into muffin tray and bake for about 25 minutes or until done.

### **Cook's Notes:**

- You can use any nuts you wish. I use mixed nuts and to save time, I don't chop them, but put them into a plastic bag and hammer them gently with a meat mallet until they're crushed to my liking.

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# Banana and Walnut Muffins

*This recipe makes about 12 regular sized muffins*

## Ingredients

- 125ml (1/2c) cake flour
- 250ml (1c) whole wheat flour
- 60ml (1/4c) canola oil or melted butter
- 60ml (1/4c) low-fat milk or water
- 1 large egg
- 5ml (1t) salt
- 5ml (1t) vanilla extract or essence
- 5ml (1t) bicarbonate of soda (baking soda)
- 5ml (1t) baking powder
- 250ml (1c) mashed banana
- 125ml (1/2c) chopped walnuts

## Directions

1. Preheat the oven to 350°F (180°C).
2. Cream the sugar and oil (or butter) together.
3. Then add the egg and vanilla and stir.
4. Add the mashed banana.
5. Sift the dry ingredients together into a bowl – you won't be able to truly sift the whole wheat flour, so you can add it just like that.
6. Add the sifted dry ingredients and whole wheat, alternating with adding the milk.
7. Add the walnuts and stir until just combined.
8. Spoon the mixture into the muffin trays.
9. Bake for 15 – 20 minutes, until done.

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# Moist Carrot Muffins

*This recipe makes about 18 regular sized muffins*

## Ingredients

- 250ml (1c) cake flour
- 250ml (1c) whole wheat flour
- 10ml (2t) baking powder
- 10ml (2t) cinnamon
- 1ml (1/4t) salt
- 250ml (1c) sugar
- 125ml (1/2 c) chopped walnuts or pecan nuts
- 125ml (1/2c) raisins
- 125ml (1/2c) coconut
- 3 eggs
- 60ml (1/4 c) oil
- 250ml (1c) water
- 60ml (1/4c) low-fat milk
- 1 apple, grated
- 500ml (2c) grated carrots

## Instructions

1. Preheat the oven to 350°F (180°C)
2. Sift the dry ingredients together in a mixing bowl
3. Stir in the sugar, nuts, raisins and coconut
4. Add the eggs, oil and water and stir until just combined
5. Add the rest of the ingredients and stir until just combined
6. Spoon into the muffin trays and bake for 20 – 25 minutes, until done

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# Egg-Free Bran Muffins

*Makes 12 muffins*

## Ingredients

- 30ml (2T) canola oil or melted butter
- 250ml (1c) brown sugar
- 250ml (1c) raisins
- 250ml (1c) boiling water
- 375ml (1 1/2c) whole wheat flour
- 750ml (3c) digestive bran
- 5ml (1t) baking powder
- 5ml (1t) bicarbonate of soda (baking soda)
- pinch salt
- 2ml (1/2t) cinnamon
- 250ml (1c) low fat milk

## Instructions

1. Preheat the oven to 350°F (180°C).
2. Cream the oil (or butter) & sugar.
3. Put water & raisins in jug & set aside.
4. Sieve dry ingredients and add bran to oil (or butter) mixture.
5. Add water & raisins - if you are in a hurry, don't bother to soak the raisins. You can throw them in just like that.
6. Mix through and add milk.
7. May have to add more milk/water to make a good mixture.
8. Spoon the mixture into the muffin trays.
9. Bake for 15-20 minutes or until done.

## Variations

- You can try adding mashed banana, grated carrot, dates or nuts and seeds. The options are almost endless!

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# Blueberry Oatmeal Muffins

*Makes about 12 muffins*

## Ingredients

- 250ml (1c) whole wheat flour
- 10ml (2t) baking powder
- 2ml (1/2t) salt
- 2ml (1/2t) ground cinnamon
- 125ml (1/2c) brown sugar
- 200ml (3/4c) rolled oats/oatmeal
- 1 egg
- 310ml (1 1/4c) milk
- 60ml (1/4c) vegetable oil
- 250ml (1c) frozen/canned blueberries, well drained. You could also use fresh blueberries

## Instructions

1. Preheat the oven to 350°F (180°C).
2. Add all the dry ingredients into a mixing bowl.
3. Add the milk, egg and oil and stir until just combined.
4. Gently stir in the blueberries. If you stir too much they will break and the colour will run giving you bluey-purple muffins.
5. Spoon the mixture into a greased muffin tray and bake for about 20 minutes until done.

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# Healthy Blueberry Muffins

*Makes about 12 muffins*

## Ingredients

- 375ml (1 1/2c) whole wheat flour
- 200ml (3/4c) brown sugar
- 60ml (1/4c) oat bran
- 125ml (1/2c) rolled oats/oatmeal
- 5ml (1t) baking powder
- 5ml (1t) bicarbonate of soda (baking soda)
- 1.25ml (1/4t) salt
- 375ml (1 1/2c) low-fat milk or buttermilk
- 1 egg
- 30ml (2T) vegetable oil
- 1 large or 2 small bananas, mashed
- 5ml (1t) vanilla extract or essence
- 250ml (1c) blueberries

## Instructions

1. Preheat the oven to 350°F (180°C).
2. Add all the dry ingredients together in a mixing bowl.
3. Add the milk, egg, oil, vanilla and mashed banana and stir till just combined.
4. Add the blueberries and stir very gently, taking care not to break them.
5. Bake for 15 – 20 minutes or until done.

## Variations:

- Add 125ml (1/2c) chopped walnuts or pecan nuts for a delicious nutty crunch.
- Substitute the mashed banana for 1 grated apple.

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## Four Grain Muffins

*Makes about 12 regular muffins*

### Ingredients

- 200ml (3/4c) whole wheat flour
- 200ml (3/4c) maize meal/flour
- 125ml (1/2c) rye flour
- 125ml (1/2c) rolled oats/oatmeal
- 25ml (5t) baking powder
- pinch of salt
- 375ml (1 1/2c) low-fat milk
- 1 egg
- 60ml (1/4c) canola or sunflower oil
- 60ml (1/4c) honey

### Instructions

1. Preheat the oven to 400°F (200°C)
2. Sift all the dry ingredients together except for the oats which can be stirred in.
3. Add the milk, egg, oil and honey and stir together until combined. Do not over-stir.
4. Spoon the mixture into greased muffin tins and bake for about 20 minutes or until done.

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