

2009 Food Service Personnel Conference

Muffin Bake-Off Winning Recipes



First Place

Black Magic Banana Muffins Beth Allen – Rush-Henrietta

2 extra-ripe, medium bananas, peeled
1 egg
1/2 cup of buttermilk
1/4 cup vegetable oil
1/2 teaspoon vanilla extract
1 cup sugar

3/4 cup plus 2 Tablespoons all-purpose flour
6 Tablespoons unsweetened dark cocoa
1 teaspoon baking soda
1 teaspoon baking powder
1/4 teaspoon salt
1/2 cup chocolate chips

Topping

1/3 cup sugar
1/4 cup all-purpose flour
2 Tablespoon butter

Puree bananas in blender (1 cup). Mix Banana, egg, buttermilk, oil and vanilla.

Combine sugar, flour, cocoa, baking soda, baking powder and salt; add to banana mixture. Stir just until moistened. Stir in chocolate chips.

Line 12 muffin cups with paper liners. Lightly coat with vegetable spray. Fill two-thirds full with batter. In small bowl, combine 1/3 cup sugar and 1/4 cup flour. Using pastry blender or fork cut in butter until crumbly. Sprinkle over batter. Bake in 350 F oven 25 minutes.

Recipe can be doubled to make 18 large muffins. Baking time will be longer.

Drizzle with frosting.

Second Place

Baby Food Muffins Sue Zello- Bloomfield



1/2 tsp. Baking soda
1 tsp. Salt
1 1/2 tsp. Double-acting baking powder
2 1/4 cups all purpose flour
3 eggs
1/4 cup honey
1/2 cup brown sugar

3/4 cup granulated sugar
3/4 cup unsalted butter
2 tsp. Cinnamon
1- (4-oz.) jar pumpkins with apple baby food
4 oz. Pureed peaches (or baby food)
4 oz. Pureed pears (or baby food)
1/2 cup ground pecans

Preheat oven — 350 degrees F.

Mix eggs, both sugars, butter, with a hand mixer till smooth. Add cinnamon, baby food, and pureed fruit, mix till smooth. Sift in the other dry ingredients, fold into mixture, and add pecans. Fill 24 muffin tins, 3/4 of the way full and bake for 12 min.

Could be topped with cream cheese frosting.



Third Place

Apple Nut Muffins

Debra Shultz- Byron Bergen

Topping

½ c. pecans coarsely chopped
½ c. brown sugar
¼ c. flour
1 t. cinnamon
2 T. melted butter
Combine above with pastry blender
Set aside

Filling

8 oz cream cheese softened
1 egg
1 t. vanilla
3 T. brown sugar
Blend together well
Set aside

Muffins

2 c. apples chopped
½ c. walnuts chopped
3 eggs slightly beaten
½ c. melted butter
4 oz light cream cheese softened
½ t. vanilla

Combine all together in a large bowl. Set aside

2 c. flour
¾ c. brown sugar
½ c. sugar
1 t. baking soda
1 t. baking powder
½ t. salt
1 ½ t. cinnamon
1/8 t. nutmeg

Mix well in medium bowl. Set aside.

Slowly, fold dry ingredients, a little at a time, into apple mixture. Continue folding together until all is mixed. Do not over mix. Fill cups about ½ - 2/3 full. Spoon 1 T. of cream cheese filling in center of cups. Try not to let the filling touch the paper cups. Sprinkle with nut topping.

Bake in center of oven for 20 minutes. Cool and enjoy!

Makes 24 muffins