



Best Ever Muffins (Basic Base)

2 cups all-purpose flour

3 tsp. baking powder

1/2 tsp. salt

3/4 cup white sugar

1 egg

1 cup milk (1/2 cup if using applesauce)

1/4 cup vegetable oil (substitute 3/4 cup applesauce)

Preheat oven to 400 degrees.

In large bowl, combine flour, baking powder, salt and sugar; make a well in the center.

In small bowl, beat egg with fork; stir in milk and oil. Pour all at once into the well in flour mixture. Mix quickly and lightly with fork until moistened, but do not beat (batter will be lumpy).

Pour into greased muffin tin. Bake for 25 minutes, or until golden.

You can add 1 cup of almost any fruit, nut, or baking chips to this recipe by folding in at the end; add spices to match (for example : blueberries, apples & cinnamon, cranberries & orange zest (1 Tbsp.), raisins & walnuts)..