'B2 - Lancaster Farming, Saturday, February 7, 1998



IG

Sunrise pours over the horizon, warming the crisp morning air. Coffee brews loudly in the kitchen as the sweet scent of spices gently flow through the house. Once again, this simple home is bursting at the seams with overnight guests. Tired eyes find their way to the dining room table eagerly awaiting the source of their aromatic

wakeup call. Daybreak spurs a myriad of wacky discussions, and soon laughter echoes through the house with a familiar sound.

1/2 teaspoon salt

1/2 cup milk 1/2 cup orange inice



Though breakfast can be in many forms, at this time of year when schedules are busy, simple is best. A variety of muffins and quick breads served with juice and coffee are a welcome eye-opener for

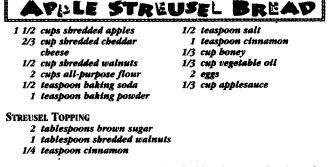
everyone, and easy on the cook as well. A sweet batter serves as a base to many wonderfully taste-tempting creations. Loaded with fruits, veggies, nuts, and even cheese, Zucchini Pineapple Muffins and Apple Streusel Bread are unique taste sensations. Sunrise Surprise Muffins are chock-full of apples, carrots, coconut, raisins, and walnuts for a delicious, yet nutritious start to the day. A splendid citrus flavor com-bined with cranberries and pecans make the timely Season's Best Muffins a scrumptious choice. Snowy Pear Muffins are a delicate blend of pear and almond — all of the recipes to find your favorites! – sure to be a hit! Try

In addition to being truly delectable, these muffin and quick bread recipes also offer "do ahead magic." They can be prepared the day before and heated in the microwave just before serving. Or if you want your guests to think you've been up since dawn, prepare most of the ingredients the night before and just mix up the batter in the morning. The muffine need only about 20 minutes to cook and they are muffins need only about 20 minutes to cook and they are positively divine fresh from the oven. Either way, these unique varieties will be a welcome change for everyone.

SEASON'S BEST & UFFINS 1 cup slightly frozen 1/3 cup vegetable oil cranberries 1 egg tablespoons sugar 1 teaspoon grated cups all-purpose flour orange peel 1/2 cup sugar ; 3 teaspoont b 1/3 cup sbredded pecans **sking po**wder 2 tablespoons margarine.

melted 1/4 teaspoon cinnamon 1/4 cup sugar

Preheat oven to 400° Slice slightly frozen cranberries into a small mixing bowl Stir in sugar and set aside In large mixing bowl, combine flour, sugar, baking powder, and salt Fit SaladShooter Mixer Too with beaters In separate bowl, beat milk, orange juice, oil, egg, and orange peel Add to flour mixture and beat only until all ingredients are moist-ened Shred pecans Fold cranberry mixture and pecans into batter Fill greased (bottom only) or paper baking cup lined muffin pan 3/4 full Bake for 18 to 20 minutes Remove from pan immediately Brush muffin tops with melted margarine, then dip in cinnamon and sugar mixture



Preheat oven to 350° Shred apples, cheddar cheese, and walnuts for muffins and streusel topping Set aside In large mixing bowl, combine flour, baking soda, baking powder, salt, and cinnamon Stir in apples, Hour, baking soda, baking powder, sait, and cinnamon Stir in apples, cheddar cheese, and 1/2 cup shredded walnuts. In separate bowl, beat honey, vegetable oil, eggs, and applesauce Add to flour mixture and beat just until all ingredients are moistened. Fill greased 8 $1/2^{\circ}$ x 4 $1/2^{\circ}$ x 2 $1/2^{\circ}$ bread pan Combine streusel topping ingredients Sprinkle streusel topping on batter Baks far 50 to 60 minutes Allow loaf to cool for 10 minutes in pan, then loaded and remove from pan. Let loaf cool completely because

1/2 cup sbredded almonds, divided 2 cups sbredded carrots 2 cups all-purpose flour medium apple, sbredded 1/2 cup brown sugar 1/2 cup sbredded walnuts

SNOWY PEAR ZUCCHENI PINEAPPLE auffins

> 1 3/4 cuts all-turbose flour 1 cup quick cooking oats 3/4 cup brown sugar

MUTTIN VARIATION Prehation

2 cups all-purpose flow 1 1/4 cups sugar 2 1/2 teaspoons baking soda 1/2 teaspoon salt 1 teaspoon cinnamon 1/2 teaspoon nutmeg 1/2 cup coconut 1/2 cup golden raisins 2 eggs 1/2 cup vegetable oil 1/3 cup buttermilk 2 teaspoons vanilla extract

SUNAISE

SURPRISE

NUFFINS

Preheat oven to 350° Shred carrots, apple, and walnuts Set aside In large mixing bowl, combine flour, sugar, soda, salt, cinnamon, and nutmeg Stir carsait, cinnamon, and hutneg Stir car-rots, apples, walnuts, coconut, and raisins into flour mixture In separate bowl, beat eggs, oil, buttermilk, and vanilla Add to flour mixture and beat only until all ingredients are moistened Fill greased (bottom only) or paper baking cup lined muffin pan 3/4 full Bake for 20 to 25 minutes If paper baking cups are not used, allow muffins to remain in pan for 5 minutes before removing Otherwise, remove muffins tron pan u nediately (

me h 1/2 teaspoon salt 1 egg

MUFFINS

2 cups sbredded, firm pears

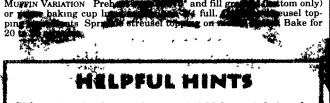
- 1/3 cup oil
- 1/2 cup milk 1/2 teaspoon almond extract
- 2 tablespoons sugar

Preheat oven to 400° Shred pears and almonds in small mixing bowl Set aside In large mixing bowl, combine flour, sugar, baking powder, and salt Measure shredded pears and 1/3 cup almonds Stir into dry ingredients Set aside remaining almonds In separate bowl, beat egg, oil, milk, and almond extract Combine with flour mixture and beat only until all ingredients are moistened Fill greased (bottom only) or paper baking cup lined muffin pan 2/3 full Combine remaining almonds with 2 tablespoons sugar Top muffin batter with almond/sugar mixture. Bake for 18 to 20 minutes Remove from pan immediately

2 teaspoons baking powd 1/2 teaspoon baking soda 1/2 teaspoon salt 1/2 teaspoon ginger 1 cup sbredded zuccbini 1 cup sbredded carrots 1/2 cup raisins /2 cup raisins
1 (8-ounce) can crime
pineapple, draine 1/2 cup, drained) eggs

1/2 cup vegetable oil

Preheat oven to 400° In large mixing bowl, combine flour, oats, sugar, baking powder, soda, salt, and gin, ger Shred zucchini and carrots. Stir zucchini, carrots, raisins, and pineapple into flour mixture. In servi arate bowl, beat eggs and oil. Add to flour mixture and beat only until all ingredients are moistened. Fill greased (bottom only) or paper baking cup lined muffin pan 3/4 Bake for 18 to 20 minutes. ull. ve muffins from pan immediat



and fill

ttom only)

Pick a size: Jumbo, regular, or mini! Make varied sizes for different appetites. Mini muffins are great for kids. There's usually less waste and the mess is kept to a minimum. Jumbo muffins are what most people will eat anyway, so it's just fewer muffins to bake. Be aware, though, that cooking times will need to be adjusted accordingly.

Bottoms up: If you choose to grease the pan instead of using muffin liners, grease only the bottoms. The muffins come out beautifully and a little less fat is always appreciated.

Cheat a little: Bake muffins the day before and reheat 4 muffins at a time in the microwave for about 1 minute. They'll come out steaming hot and will emit the aroma of fresh baked muffins.

Seal and store: Muffins can be kept at room temperature in a resealable plastic bag for up to 3 days. They can also be noted in a freezer bag for up to 3 months.

will travel: As your guests depart, send along a care package of weather for the long ride home.