

WonderCooker™



# ***MUFFIN*** ***recipes***

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# Cinnamon Blueberry Muffins

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## INGREDIENTS:

¾ stick (6 tablespoons) unsalted butter, melted and cooled

1 cup packed light brown sugar

1/2-cup whole milk

1 large egg

1 1/2 cups all-purpose flour

1 1/2 teaspoons baking powder

1-teaspoon cinnamon

1/2-teaspoon salt

1 1/2 cups blueberries (7 1/2 oz)

## PREPARATION:

Whisk together butter, brown sugar, milk, and egg in a bowl until combined well.

Whisk together flour, baking powder, cinnamon, and salt in a large bowl.

## PREPARATION (continued):

Add milk mixture and stir until just combined. Fold in blueberries gently.

Place bake rack in WonderCooker™ unit.

Place the Muffin Magic pan onto bake rack.

Divide batter among muffin cups and cover with WonderCooker™ unit lid.

Turn dial to sauté/grill.

Bake until firm for 25 to 30 minutes or until a toothpick is inserted and comes out clean.

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# Jalapeno Corn Muffins

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## INGREDIENTS:

- 1 8-½ ounce box Jiffy® corn muffin mix
- 1 cup frozen corn kernels
- ½ jalapeno fine diced (optional)
- 1 egg
- 1/3 cup milk

## PREPARATION:

In a mixing bowl combine the contents of the box.  
Whisk in 1 egg and 1/3 cup of milk.  
Combine the corn and jalapeno, mix well.

Place bake rack in WonderCooker™ unit.  
Place the Muffin Magic pan onto bake rack.  
Divide batter among muffin cups and cover with WonderCooker™ unit lid.  
Turn dial to sauté/grill.  
Bake until firm for 25 to 30 minutes or until a toothpick is inserted and comes out clean.

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# Apple Spiced Muffins

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## INGREDIENTS:

- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2-teaspoon baking soda
- 1/2-teaspoon cinnamon
- 1/2-teaspoon ground allspice
- 1/4 teaspoon freshly grated nutmeg
- 1/4-teaspoon salt
- 2 large eggs
- 1 cup packed light brown sugar
- 1 stick (1/2 cup) plus 3 tablespoons unsalted butter, melted
- 1 cup unsweetened applesauce
- 1 cup pecans or walnuts (3 1/2 oz), coarsely chopped

## For topping:

- 2 tablespoons granulated sugar
- 1/4-teaspoon cinnamon
- 1/4-teaspoon ground allspice
- 1/4 teaspoon freshly grated nutmeg

## PREPARATION:

Stir together flour, baking powder, baking soda, spices, and salt in a bowl. Whisk together eggs and brown sugar in a large bowl until combined well, then add butter, a little at a time, whisking until mixture is creamy. Stir in applesauce, then fold in flour mixture until flour is just moistened. Stir in nuts. Stir together all topping ingredients and set aside.

Place bake rack in WonderCooker™ unit. Place the Muffin Magic pan onto bake rack. Divide batter among muffin cups. Sprinkle toppings over muffins and cover with WonderCooker™ unit lid. Turn dial to sauté/grill. Bake until muffins are puffed and golden, about 25 minutes.

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# Spoon Bread Muffins

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## INGREDIENTS:

- 1 1/2 cups extra-fine-grind white cornmeal
- 1-teaspoon baking soda
- 3/4-teaspoon fine sea salt
- 2 1/4 cups well-shaken buttermilk
- 2 large eggs, lightly beaten
- 2 tablespoons unsalted butter, melted

## PREPARATION:

Whisk together cornmeal, baking soda, and salt in a bowl.  
Whisk buttermilk into eggs, then add to cornmeal mixture and whisk vigorously until smooth.  
Whisk in butter.

## PREPARATION (continued):

Place bake rack in WonderCooker™ unit.  
Place the Muffin Magic pan onto bake rack.  
Divide into muffin pan, cover with WonderCooker™ unit lid, and turn dial to sauté/grill.  
Bake for 25 to 30 minutes or until a toothpick is inserted and comes out clean.

# Peanut Butter Banana Muffins

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## INGREDIENTS:

- 1 3/4 cups all purpose flour
- 1/4 cup toasted wheat germ
- 1-teaspoon baking soda
- 1/2-teaspoon salt
- 1 cup mashed ripe bananas (about 3 medium)
- 1/2-cup honey
- 1/2-cup chunky peanut butter
- 2 large eggs
- 1/3-cup vegetable oil
- 1/4-cup (packed) dark brown sugar
- 1-teaspoon vanilla extract

## PREPARATION:

Stir first 4 ingredients in small bowl to blend.  
Using electric mixer: beat bananas, honey, peanut butter, eggs, oil, sugar and vanilla in medium bowl to blend.

## PREPARATION (continued):

Beat in flour mixture.  
Place bake rack in WonderCooker™ unit.  
Place the Muffin Magic pan onto bake rack.  
Divide batter among muffin cups and cover with WonderCooker™ unit lid.  
Turn dial to sauté/grill.  
Bake muffins until toothpick is inserted into center and comes out clean, about 25 minutes.

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# Lemon Poppy Seed Muffins

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## INGREDIENTS:

4 tablespoons unsalted butter, melted, plus 1  
tablespoon, softened  
1-cup cake flour  
1/2-cup all-purpose flour  
1/2-teaspoon baking powder  
1/4-teaspoon baking soda  
1/2-teaspoon salt  
3 tablespoons poppy seeds  
1 large egg  
1/2-cup sugar  
3/4-cup plain low-fat yogurt  
1/4-cup fresh lemon juice  
2 teaspoons finely grated lemon zest  
1-teaspoon vanilla extract

## PREPARATION:

In a large bowl, sift together cake flour, baking powder, baking soda, salt, and poppy seeds.

In a medium bowl, combine the egg and sugar and beat with an electric mixer on high speed until light and fluffy, about 2 minutes. Reduce the mixer speed to medium and beat in the yogurt,

remaining 4 tablespoons of butter, lemon juice, zest and vanilla until well incorporated, about 30 seconds. Fold the wet ingredients into the dry just until moistened and being careful not to over-mix.

Place bake rack in WonderCooker™ unit. Place the Muffin Magic pan onto bake rack. Divide the batter among the muffin cups, filling each halfway and cover with Wonder Cooker lid. Turn dial to sauté/grill. Bake for 25 to 30 minutes. Remove from the WonderCooker™ unit and use a toothpick to poke several holes in the top of each muffin. Brush each muffin generously with the lemon glaze. Allow the muffins to cool for 10 minutes in the Muffin Magic pan and then transfer them to a wire rack to cool completely.

## Lemon Glaze:

1/4 cup plus 2 tablespoons powdered sugar  
2 tablespoons fresh lemon juice, strained  
1/2-teaspoon vanilla extract  
1/8 teaspoon almond extract

In a small bowl, combine ingredients and whisk thoroughly.

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# Chocolate Chip Muffins

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## INGREDIENTS:

1 3/4 cups all-purpose flour  
2 teaspoons baking powder  
1/2-teaspoon baking soda  
2 tablespoons cocoa powder  
3/4-cup sugar  
3/4 cup semisweet chocolate chips, plus 1/4 cup  
for sprinkling  
1-cup milk  
1/3 cup plus 2 teaspoons vegetable oil  
1 egg  
1-teaspoon vanilla extract

## PREPARATION:

Put the flour, baking powder, baking soda, cocoa, sugar, and 3/4 cup of the chocolate chips into a large bowl.

## PREPARATION (continued):

Pour all the liquid ingredients into a measuring cup. Mix the dry and wet ingredients together, remembering that a lumpy batter makes the best muffins. Place bake rack in WonderCooker™ unit. Place the Muffin Magic pan onto bake rack. Divide batter among muffin cups and sprinkle the remaining 1/4 cup chocolate chips on top. Cover with WonderCooker™ unit lid. Turn dial to sauté/grill. Bake for 25 minutes or until the muffins are golden brown, have risen and are springy.

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# Low-Carb Blueberry Muffin

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## INGREDIENTS:

2 tablespoons wheat (or oat) bran  
1-cup soy flour  
1/2-cup sugar substitute (recommended: Splenda®)  
1-teaspoon baking powder  
2 eggs  
1/2-cup heavy cream  
1/3-cup club soda  
1/2-cup blueberries (if not sweet, sprinkle with  
1 tablespoon of sugar substitute)

## PREPARATION:

In a bowl using a wire whisk, mix all the remaining ingredients, except the blueberries, until well blended. Then fold in the blueberries. Place bake rack in WonderCooker™ unit. Place the Muffin Magic pan onto bake rack.

## PREPARATION (continued):

Divide batter among muffin cups and cover with WonderCooker™ unit lid. Turn dial to sauté/grill. Bake until muffins are puffed and golden, about 25 minutes.

(In place of blueberries you can use raspberries, blackberries, banana extract and walnuts, lemon or almond extract and poppy seeds, cranberries, pumpkin, or other favorite flavors)

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# Low-Carb Zucchini Muffins

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## INGREDIENTS:

- 4 tablespoons wheat bran
- 1 1/2 cups soy flour plus 2 tablespoons
- 1/2-cup small diced zucchini, with skin on
- 3 eggs
- 3/4-cup heavy cream
- 1/2-cup club soda
- 1/3-cup sugar substitute (recommended: Splenda®)
- 1 1/2 teaspoons baking powder

## PREPARATION:

In a larger bowl, whisk together the remaining ingredients until completely blended.  
Place bake rack in WonderCooker™ unit.  
Place the Muffin Magic pan onto bake rack.  
Fill each muffin cup only 2/3 of the way with the mix and cover with WonderCooker™ unit lid.

## PREPARATION (continued):

Turn dial to sauté/grill.  
The muffins are done when a toothpick is inserted in the center of a muffin and comes out clean, about 25 minutes.  
Remove and let cool before taking out of the Muffin Magic pan.

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# Smoked Salmon Corn Muffins

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## INGREDIENTS:

- ½ cup sour cream
- 2 - 8 ½ ounce boxes corn muffin mix
- 2 large eggs
- 2/3 cup buttermilk
- 2 cups creamed corn
- 1 ½ cup smoked salmon fine chopped

## PREPARATION:

- In a large bowl, mix all ingredients.
- Place bake rack in WonderCooker™ unit.
- Place the Muffin Magic pan onto bake rack.
- Fill muffin pans 2/3 full with corn muffin batter and cover with WonderCooker™ unit lid.
- Turn dial to sauté/grill.
- Bake for 25 to 30 minutes.

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# Greek Pizza Muffin

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## INGREDIENTS:

2 tablespoons extra-virgin olive oil  
2/3 cup finely chopped onion  
2/3 cup finely chopped red bell pepper  
1/3-cup whole-wheat pastry flour  
1/3-cup all-purpose flour  
2 teaspoons baking powder  
1 1/2 teaspoons chopped fresh oregano  
or 1/2 teaspoon dried  
1-teaspoon sugar  
1/4-teaspoon garlic powder  
1/4-teaspoon salt  
1/3-cup low-fat milk  
1/3 cup crumbled feta cheese  
1 large egg, well beaten  
2 tablespoons tomato paste  
2 tablespoons chopped kalamata olives

## PREPARATION:

Heat oil in WonderCooker™ unit; add onion and bell pepper; cook, stirring often, until the onion is tender, about 5 minutes. Transfer to a large bowl and let cool for 10 minutes.

Clean and prepare WonderCooker™ unit for baking muffins.

Whisk whole-wheat pastry flour, all-purpose flour, baking powder, oregano, sugar, garlic powder and salt in a medium bowl.

Stir milk, feta, egg, tomato paste and olives into the onion mixture. Make a well in the dry ingredients; add the wet ingredients and stir until just combined.

Place bake rack in WonderCooker™ unit.  
Place the Muffin Magic pan onto bake rack.  
Fill the prepared muffin cups 2/3 full and cover with WonderCooker™ unit lid.

Turn dial to sauté/grill.

Bake for 25 to 30 minutes.

Cool in the Muffin Magic pan for 5 minutes before turning out onto a wire rack.

Serve warm or at room temperature.

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