



EBOOK

THE Silicone Muffin COOKING GUIDE

23 Muffin Recipes

- Cooking Tips
- Storage Tips
- Favorite Fruits & Vegetables to Use



SILICONE
DESIGNS

Health Disclaimer:

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Silicone Design Story

Silicone Designs was born out of desperation...a desperation to find fun ways for our kids to eat healthy. At an early age, our kids had some health issues, but doctors just could not identify any root causes. Seeing our daughters wreathed in abdominal pain from just having one cupcake or a grilled cheese sandwich caused us to look in new directions. Having our girls tested for food sensitivities and coming up positive for so many different ingredients introduced us to the world of what **really** goes into our food. Wow!

Like most kids, our girls just wanted to fit in with the crowd and not stand out for the wrong reasons. Just having lunch at school became a challenge because other kids were having pizza, sandwiches, and cupcakes, among many other things. In our quest to find food products that our kids could still eat and fit in with the friends, we were introduced to the world of cooking most everything homemade. With the success of our Silicone Ice Pop molds, we launched into silicone baking products that can be used to make muffins, cupcakes, breads and so much more. We found that we could easily add in some fruits and vegetables to most homemade recipes. Cooking with wholesome real food ingredients tastes so much better and is much healthier for you.

Our girls can now have sandwiches, breakfast breads, muffins and cupcakes as well as many other “normal” but healthy foods. Now they feel like they are part of the group. We are glad to be able to share our products and recipes with you, and we hope your family enjoys them just as much as we do.

We thank you for purchasing our products, and we pray that this small recipe eBook will be a blessing to you and your family, making the most of every opportunity to enjoy a good, healthy life.

Sheryl Martin

Chapter 1: Why Homemade?

After you read the ingredient list of store bought muffins and cupcakes, you will see why so many families are turning towards homemade muffins, breads and desserts. When you make it yourself, you control what ingredients you put into your food. If you have food allergies in your family, you can make adjustments so everyone can enjoy the food and no one gets left out. You can even blend some healthy vegetables into the mix and no one will ever know! 😊

Below are some of the common ingredients that you can avoid when you bake homemade.

- Monosodium Glutamate (MSG)
- Artificial Sweeteners
- Genetically Modified Organisms (GMO)
- High Fructose Corn Syrup
- Trans Fats
- Food dyes
- Sodium Nitrate / Nitrite
- Preservatives
- BHA and BHT
- Sulfur Dioxide
- Much more!

Chapter 2: A Few Tips When Making Muffins

Silicone muffin pans are dishwasher safe, oven safe and microwave safe. They are also easy to clean up after cooking because the muffins can just pop out. Below are a few tips to maximize the use of your silicone muffin pans:

- Be sure to clean / wash your silicone muffin pan before first use
- For the muffins to pop out, be sure to let them cool for a few minutes after cooking
- Use a cookie tray, towel, bowl or some kind of catching device because when you turn your muffin pan over, the muffins will come out fast!
- You can put your silicone muffin pan on the top or bottom rack of your dishwasher to clean
- Do not use harsh chemicals to clean your muffin pans
- Do not let your muffin pan touch a burner unit or an open flame
- Some options:
 - Use a little cooking oil / spray on the cups
 - Most people do not need to use oil or spray, but others feel more comfortable using it; the choice is yours
 - Put your silicone muffin pan on a cookie sheet
 - A thin cookie sheet is better
 - May need to cook a little longer - be sure to check with a toothpick for food readiness
 - Paper liners
 - They are not needed, but some people still want to use them for decoration purposes – the choice is yours

Chapter 3: Favorite Ingredients to Use in Muffins

When you are making muffins from scratch, you can customize with your favorite fruits, sneak in a couple of vegetables for the kids, and add some nuts & seeds to the mix for some protein. You can choose organic grown or various substitutes for sugar. Below are some common ingredient choices many people use when making home-made muffins.

Fruit:

- Apples
- Bananas
- Blueberries
- Blackberries
- Cranberries
- Fig
- Lemons (flavor)
- Limes (flavor)
- Raisin
- Raspberries
- Strawberries

Vegetables:

- Carrots
- Pumpkin
- Zucchini

Sugar Substitutes:

- Agave Nectar
- Maple Syrup (100% pure)
- Raw Honey
- Stevia

Nuts and Seeds:

- Almonds
- Cashews
- Pecans
- Pumpkin
- Sunflower
- Walnuts

Chapter 4: How to Keep Your Muffins Fresh Longer

Do you love the taste of hot muffins and bread?

Do you wish you could keep the texture and flavor for more than a day? With this simple trick, you can enjoy your muffins for days after you take them out of the oven.

One Day / Overnight

If you made your muffins the day before you need them, you can leave them out on a wire rack or other flat surface at room temperature, and use a small towel to cover them. This will work for up to 24 hours or so. When you are ready to eat, just heat them up in the microwave or the oven at 300°F for a few minutes.

Three to Four Days

Want to keep your muffins even longer? Simply put a paper towel or two in the inside bottom of a plastic container, and then put another paper towel or two on top of the muffins inside the container. Put an air tight lid on your container and store at room temperature. You can store muffins for about 3 to 4 days.

How Does it Work?

How does it work? As muffins and breads age, moisture from the inside moves towards that outside and stays there. Over time, the outside of your muffins are full of moisture that could not escape or go anywhere. By having a paper towel in the air tight container, the moisture leaves the muffins and is absorbed by the paper towel. This keeps the muffins fresh longer!

Can I Freeze Muffins?

Yes, you can freeze muffins. Just put them in an airtight freezer baggie or container and they will last up to 6 months. When you are ready to eat, it is best to let them thaw for a couple of hours and then heat up in your microwave for a few seconds – low power if you can.

Chapter 5: Muffin Pan Recipes and Some Creative Ideas

Recipe #1: Banana Crumb Muffins

Ingredients:

- 1 $\frac{3}{4}$ cups all-purpose flour (or gluten-free flour)
- 1 $\frac{1}{4}$ teaspoon baking soda
- 1 $\frac{1}{4}$ teaspoon baking powder
- 1/2 teaspoon salt
- 3 $\frac{1}{2}$ ripe bananas, mashed
- $\frac{3}{4}$ cup white sugar
- 1 egg, lightly beaten
- $\frac{1}{2}$ cup butter, melted
- For Topping: (bowl #3)
 - 2 tablespoons all-purpose flour (or gluten-free flour)
 - $\frac{1}{2}$ cup packed brown sugar
 - 1/8 teaspoon ground cinnamon
 - 1 tablespoon butter (not melted)



Directions:

1. Preheat oven to 375 degrees.
2. In a large bowl #1, mix together 1 $\frac{3}{4}$ cups flour, baking soda, baking powder and salt.
3. In another mixing bowl #2, beat together bananas, sugar, egg and melted butter.
4. Stir the banana mixture (bowl #2) into the flour mixture (bowl #1) just until moistened.
5. Spoon batter into prepared muffin cups.
6. In a small mixing bowl #3, mix together brown sugar, 2 tablespoons flour and cinnamon.
7. Cut in 1 tablespoon butter until mixture resembles coarse cornmeal.
8. Sprinkle topping over muffins.
9. Bake in preheated oven for 18 to 20 minutes, until a toothpick inserted into center of a muffin comes out clean.

Recipe and image from all recipes dot com.

Recipe #2: Blueberry Muffins

Ingredients:

- For Muffins:
 - 2 ¼ cups all-purpose flour (or gluten free flour)
 - 1 cup white sugar
 - ¾ teaspoon salt
 - 1 tablespoon baking powder
 - ½ cup vegetable oil
 - 1 ½ egg
 - ½ cup milk
 - 2 or more cups fresh blueberries
- For Crumb Topping:
 - ¾ cup white sugar
 - ½ cup all-purpose flour (or gluten free flour)
 - ¼ cup butter, cubed
 - 2 ¼ teaspoons ground cinnamon



Directions:

1. Preheat oven to 400 degrees F.
2. To Make Muffins
 - a. Combine flour, sugar, salt and baking powder.
 - b. Place vegetable oil into a 1 cup measuring cup; add the egg and enough milk to fill the cup.
 - c. Mix this with flour mixture. Add in blueberries.
3. To Make Crumb Topping:
 - a. Mix together sugar, flour, butter, and cinnamon.
 - b. Mix with fork, and sprinkle over muffins before baking.
4. Fill muffin cups right to the top, and sprinkle with crumb topping mixture.
5. Bake for 20 to 25 minutes in the preheated oven, or until done.

Recipe and image from all recipes dot com.

Recipe #3: Bran Muffins

Ingredients:

- 1 ½ cups wheat bran
- 1 cup buttermilk
- 1 egg
- ½ teaspoon vanilla extract
- 2/3 cup brown sugar
- 1/3 cup vegetable oil
- 1 cup all-purpose flour (or gluten free flour)
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- ½ cup raisins or dates



Directions:

1. Preheat oven to 375 degrees F.
2. Mix together wheat bran and buttermilk; let stand for 10 to 12 minutes.
3. Beat together egg, vanilla extract, brown sugar and oil.
4. Add to buttermilk/bran mixture.
5. Sift together flour, baking powder, baking soda and salt.
6. Stir flour mixture into buttermilk mixture, until just blended.
7. Add in raisins (or dates) and spoon batter into muffin pan.
8. Bake for 15 to 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.

Recipe and image from all recipes dot com.

Recipe #4: Chocolate Chip Surprise Muffins

Don't tell the kids, but there is Zucchini in these muffins.

Ingredients:

- 1 ½ cups all-purpose flour (or gluten free flour)
- ¾ cup white sugar
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ¾ cup milk
- 1 egg, lightly beaten
- 1 tablespoon lemon juice
- 1 teaspoon vanilla extract
- ½ cup vegetable oil
- 1 cup shredded zucchini
- ½ cup chopped walnuts ½ cup raisins or dates
- ½ cup miniature semisweet chocolate chips

Directions:

1. Preheat oven to 350 degrees F.
2. In bowl #1, combine flour, sugar, baking soda, salt and cinnamon.
3. In bowl #2, mix milk, egg, lemon juice, vanilla extract and oil.
4. Stir into dry ingredients until just moistened.
5. Add in zucchini, walnuts and chocolate chips.
6. Fill prepared muffin cups 2/3 full.
7. Bake for 20 to 25 minutes, or until a toothpick inserted into the center of a muffin comes out clean.



Recipe and image from all recipes dot com.

Recipe #5: Apple Carrot Crumb Muffins

Ingredients:

- Bowl #1
 - 5/8 egg
 - 1 ¼ egg whites
 - 1/3 cup apple butter
 - 2 teaspoons vanilla extract
 - 2 tablespoons vegetable oil
- Bowl #2
 - 1 cup all-purpose flour
 - 1/3 cup whole wheat flour
 - ¾ cup and 1 tablespoon and 1 teaspoon white sugar
 - 2 teaspoons ground cinnamon
 - 1 ¼ teaspoons baking powder
 - ¼ teaspoon baking soda
 - ½ teaspoon salt
 - ¾ apple - peeled, cored, and chopped
 - 1 1/3 cups grated carrots
 - 2/3 cup raisins
- Bowl #3
 - ¼ cups chopped walnuts
 - 1/8 cup toasted wheat germ



Directions:

1. Preheat oven to 375 degrees F.
2. In bowl #1, whisk together eggs, egg whites, apple butter, vanilla and oil.
3. In bowl #2, stir together flours, sugar, cinnamon, baking soda, baking powder and salt.
4. Stir in apples, raisins and carrots.
5. Stir in apple butter mixture until just moistened.
6. Spoon the batter into the prepared muffin cups, filling them about 3/4 full.
7. In bowl #3, combine walnuts and wheat germ; sprinkle over the muffin tops.
8. Bake for 15 to 20 minutes, or until the tops are golden and spring back when lightly pressed

Recipe and image from all recipes dot com.

Recipe #6: Red Velvet style Cupcakes

Ingredients:

- Cupcake
 - 1 cup flour
 - 3 tablespoons and ½ teaspoon unsweetened cocoa powder
 - ½ teaspoon baking soda
 - ¼ teaspoon salt
 - 1/3 cup and 1 tablespoon butter, softened
 - ¾ cup and 2 teaspoons sugar
 - 1 ½ eggs
 - 1/3 cup and 1 tablespoon sour cream
 - 3 tablespoons and ½ teaspoon milk
 - 3/8 (1 ounce) bottle McCormick® Red Food Color
 - ¾ teaspoon McCormick® Pure Vanilla Extract
- Vanilla Cream Cheese Frosting:
 - 3/8 (8 ounce) package cream cheese, softened
 - 1 tablespoon and 1 ¾ teaspoons butter, softened
 - 2 ½ teaspoons sour cream
 - ¾ teaspoon McCormick® Pure Vanilla Extract
 - 3/8 (16 ounce) box confectioners' sugar
 - OPTIONAL: Cinnamon



Directions:

1. Preheat oven to 350 degrees F.
2. Mix flour, cocoa powder, baking soda and salt in medium bowl. Set aside.
3. Beat butter and sugar in bowl with electric mixer on medium speed 5 minutes or until light and fluffy.
4. Beat in eggs, one at a time.
5. Mix in sour cream, milk, food color and vanilla.
6. Gradually beat in flour mixture on low speed until just blended.
7. Do not overbeat. Spoon batter into 30 paper-lined muffin cups, filling each cup 2/3 full.
8. Bake 20 minutes or until toothpick inserted into cupcake comes out clean.
9. Cool in muffin pan for 10 minutes.
10. Remove from pans; cool completely.
11. Frost with Vanilla Cream Cheese Frosting and sprinkle with cinnamon (optional)
12. Vanilla Cream Cheese Frosting:
 - a) Beat cream cheese, softened, butter, sour cream and McCormick® Pure Vanilla Extract in large bowl until light and fluffy.
 - b) Gradually beat in confectioners' sugar until smooth.

Recipe and image from all recipes dot com.

Recipe #7: Chocolate Zucchini Cupcakes

Ingredients:

- For Cupcake:
 - Bowl #1:
 - (large) 1 ½ eggs
 - ¾ cup packed brown sugar ½ cup vegetable oil
 - 2 (1 ounce) square unsweetened chocolate, melted
 - Bowl #2: (small)
 - 1 cup all-purpose flour (or gluten free flour) ½ teaspoon baking soda
 - ½ teaspoon baking powder ¼ teaspoon salt
 - ½ cup teaspoons chopped walnuts 1 to 1 ½ cup grated zucchini
 - ½ cup of chocolate chips (optional)
- For Frosting / Topping:
 - ½ of 16 ounce package chocolate frosting (or frosting of your choice)
 - ¼ cup walnut halves



Directions:

1. Preheat the oven to 350 degrees F.
2. In bowl #1, beat eggs with sugar for about 10 minutes or until thickened and pale.
3. Blend oil and cooled chocolate into the beaten egg mixture.
4. In bowl #2, stir together flour, baking soda, baking powder and salt; stir flour mixture (bowl #2) into egg mixture (bowl #1) until just blended.
5. Stir in zucchini, chopped nuts and optional chocolate chips.
6. Using an ice-cream scoop, spoon batter into 12 cup silicone muffin pan, filling each cup 2/3 full.
7. Bake for 20 minutes or until fork or toothpick inserted in a cupcake's center comes out clean.
8. Let cool in pans on rack for 10 minutes.
9. Remove from muffin pan; let cool completely.
10. Spread with chocolate frosting (or frosting of your choice) and garnish with walnut or pecan halves.

Recipe #8: Carrot Cupcakes with White Chocolate & Cream Cheese Icing

Ingredients:

- Cream Cheese Icing:
 - 2 ounces white chocolate
 - 1 (8 ounce) package cream cheese, softened
 - ½ cup unsalted butter, softened
 - ½ teaspoon orange extract
 - 1 teaspoon vanilla extract
 - 4 cups confectioners' sugar
 - 2 tablespoons heavy cream
- Carrot Cupcake:
 - 2 eggs, lightly beaten
 - 1 1/8 cups white sugar
 - 1/3 cup brown sugar ½ cup vegetable oil
 - 1 teaspoon vanilla extract
 - 2 cups shredded carrots ½ cup crushed pineapple
 - 1 ½ cups all-purpose flour (or gluten free flour) ½ teaspoon salt
 - 1 ¼ teaspoons baking soda ½ teaspoon ground nutmeg
 - 1 ½ teaspoons ground cinnamon ¼ teaspoon ground ginger
 - 1 cup chopped walnuts



Directions:

1. Preheat oven to 350 degrees F.
2. White Chocolate & Cream Cheese Icing:
 - a. In small saucepan, melt white chocolate over low heat.
 - b. Stir until smooth, and allow to cool back to room temperature.
 - c. In a bowl, beat together the cream cheese and butter until smooth.
 - d. Mix in white chocolate, orange extract and 1 teaspoon vanilla.
 - e. Gradually beat in the confectioners' sugar until the mixture is fluffy.
 - f. Mix in heavy cream.
3. Carrot Cupcake:
 - a. Beat together the eggs, white sugar, and brown sugar in a bowl, and mix in the oil and vanilla.
 - b. Fold in carrots and pineapple.
 - c. In separate bowl, mix the flour (or gluten free), salt, baking soda, nutmeg, cinnamon, and ginger.
 - d. Mix flour mixture into the carrot mixture until evenly moist.
 - e. Fold in 1/2 cup walnuts. Transfer to the prepared muffin cups.
 - f. Bake 25 minutes in preheated oven, or until toothpick inserted into cupcake comes out clean.
4. Cool completely on wire racks
5. Top with the icing and sprinkling with remaining walnuts.

Recipe and image from all recipes dot com.

Recipe #9: Strawberry Cupcakes with Cream Icing

Ingredients:

- Cupcakes
 - 2 tbsp seedless strawberry jam or preserves
 - ¼ cup chopped fresh strawberries
 - ½ tsp vanilla extract
 - 1 ¼ cups flour
 - ¼ tsp salt
 - 1 ¼ tsp baking powder
 - ¾ cup of sugar
 - 3 egg whites
 - ½ cup of unsalted butter, softened
 - 4 drops pink food coloring (optional)
 - 1/3 cup milk
- Frosting
 - 1/3 cup seedless strawberry jam or preserves
 - Red food coloring (optional)
 - 3 cups powdered sugar 1 cup softened butter
 - 1 tsp vanilla extract
 - 2 tbsp whipping cream



Directions:

1. For Cupcakes:
 - a. Preheat oven to 350 degrees F.
 - b. In bowl #1, mix strawberry preserves and chopped strawberries.
 - c. In bowl #2, stir together flour, baking powder and salt.
 - d. In bowl #3, beat sugar and butter together until fluffy (about 3 to 4 minutes with hand mixer).
 - e. Add egg whites, vanilla, and food coloring (optional) and beat until well incorporated.
 - f. Add flour mixture (bowl #2) into bowl #3 and add milk, beating on low speed until mixed.
 - g. Add in strawberry mixture (bowl #1) into bowl #3.
 - h. Fill silicone muffin pan holders to 3/4 full.
 - i. Bake for 25 minutes, or until toothpick inserted into center of cupcake comes out clean.
 - j. Let the cupcakes cool in pan for 5 minutes; remove and put on cooling rack for 45 minutes.
2. For Icing:
 - a. In bowl #4, mix sugar and butter with a hand mixer on low speed until well incorporated (about 3 minutes).
 - b. Add the vanilla extract and whipping cream and beat on medium speed for about 1 minute.
 - c. Mix in 1/3 cup seedless strawberry preserves or jam and 6 drops of red/pink food coloring (optional).
 - d. Spread frosting onto cooled cupcakes.
 - e. Garnish with fresh whole strawberries and sprinkles if desired.

Recipe and image from all recipes dot com.

Recipe #10: Blueberry Cupcake with Cream Icing

Ingredients:

- For Cupcake:
 - 1 cup cake flour, not self rising (or gluten free)
 - 2/3 cup unbleached all purpose flour
 - 1 cup sugar
 - 1 tablespoon baking powder
 - ½ teaspoon salt
 - 1 stick unsalted butter cut into ½ inch cubes, room temperature
 - 2 large grade A eggs
 - ½ cup whole milk
 - 1 teaspoon pure vanilla extract
 - 1 cup fresh blueberries
 - 2 tablespoons of flour
- For Frosting / Topping:
 - 4 ounces of cream cheese, softened to room temperature
 - 1 stick unsalted butter, softened to room temperature – cut into ½ in cubes
 - 1 pound of confectioners' sugar (sifted)
 - 1 teaspoon pure vanilla extract



Directions:

1. Preheat oven to 350 degrees F.
2. In bowl #1, add both flours, sugar, baking powder and salt
3. Mix on low speed until combined
4. Add butter and mix
5. In bowl #2, whisk together eggs, milk and vanilla extract
6. Add bowl #2 into bowl #1 and continue to mix bowl #1
7. In bowl #3, add the blueberries with 2 tablespoons of flour, stir gently
8. Add bowl #3 into bowl #1, mix gently
9. Fill silicone muffin pans to about ¾ full
10. Bake about 20 minutes or until toothpick inserted into cupcake comes out clean.
11. After 5 minutes of cooling, take out of muffin pan to cool completely.
12. For Cream Icing
 - a. In new bowl #1, mix add cream cheese and butter until well combined
 - b. Add (slowly) the confectioners' sugar until smooth
 - c. Add vanilla and mix to combine
 - d. Add icing to cooled cupcakes
 - e. Garnish with fresh blueberries as desired

Recipe #11: Granola Cups With Yogurt

Ingredients:

- 1 ¼ cups quick-cook rolled oats (not instant)
- 1/3 cup wheat germ
- ½ cup chopped almonds
- 1/3 cup hemp hearts
- ½ cup chopped dried apricots
- ½ cup dried cranberries
- 1 ¼ teaspoon lemon zest
- ¾ teaspoon cinnamon
- ½ teaspoon salt
- ¼ teaspoon allspice
- 1 large egg
- ¾ cup honey or brown rice syrup
- ¼ cup melted coconut oil or other oil of choice
- 1 cup plain of your favorite yogurt
- 1 ½ teaspoons vanilla extract



Directions:

1. Preheat oven to 350 degrees F.
2. In the first mixing bowl, stir together oats, wheat germ, almonds, hemp seeds, cranberries, apricots, lemon zest, cinnamon, allspice, and salt.
3. In a second mixing bowl, lightly beat egg and stir in honey and oil. Add wet ingredients to dry and mix until everything is moist.
4. Divide mixture among the muffin cups.
5. Using your fingers press into the center of each muffin cup and then work your way around the edges to form a granola bowl.
6. It really helps to keep your fingers moist during this process.
7. Bake for 20 minutes, or until the edges begin to brown.
8. Let cool several minutes before unmolding.
9. In a bowl, stir together with your favorite yogurt and vanilla extract.
10. When ready to eat, add the yogurt mix to granola bowls and, if desired, top with fruit like blueberries, raspberries or strawberries. (Don't add the yogurt and wait too long)

Recipe and image from: [muffintinmania dot com](http://muffintinmania.com)

Recipe #12: Baked Oatmeal

Ingredients:

- 1 ¼ cup quick-cook rolled oats (not instant)
- 1 ¼ cup steel-cut oats
- ¾ cup raisins
- ½ cup walnut pieces
- ½ cup pumpkin seeds
- ½ cup ground flax seed
- 1 ¼ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon salt
- 2 large eggs
- 1 ½ cups low-fat milk
- ¼ cup natural / organic peanut butter
- 1 small green apple, finely chopped
- ½ cup 100% pure maple syrup



Directions:

1. Place oats in a mixing bowl, cover with water and allow to soak **overnight** in your refrigerator.
2. Preheat oven to 375 degrees F.
3. Drain water, place oats in a large bowl and add: raisins, walnuts, pumpkin seeds, flaxseed, nutmeg, salt and ½ of your cinnamon.
4. In a separate bowl, lightly beat eggs and mix with milk and natural / organic peanut butter.
5. Add dry ingredients to wet and stir until evenly moist.
6. In a small bowl, toss together apple and remaining cinnamon.
7. Put oat mixture in your muffin cups.
8. Top each with an even amount of apple cinnamon mixture.
9. Cook for 20 minutes, or until a tester (toothpick) comes out clean.
10. Serve with a generous drizzle of maple syrup.

Recipe and image from: [redbookmag dot com](http://redbookmag.com)

Recipe #13: Baked Apple Cider Donuts

Ingredients: (1+ batches in Silicone Muffin Pan)

- 2 cups flour
- 1 ½ tsp baking powder
- 1 ½ tsp baking soda
- ½ tsp salt
- 2 teaspoons cinnamon
- 1 large egg
- ¾ cup brown sugar
- ½ cup apple butter
- 1 tsp vanilla extract
- ½ cup honey
- ½ cup apple cider
- ½ cup plain (or low-fat) yogurt
- 2 Tbsp canola oil
- Canola cooking spray
- 2 Tbsp unsalted butter
- ¼ cup sugar
- 1 Tbsp cinnamon



Directions:

1. Preheat oven to 400 degrees F .
2. Optional: Spray a mini muffin pan with cooking spray.
3. In a large mixing bowl, combine the flour, baking powder, baking soda, salt, and cinnamon.
4. In another large bowl, whisk together the egg, brown sugar, apple butter, vanilla extract, honey, apple cider, yogurt, and canola oil.
5. Pour the wet ingredients into the dry ingredient mixture and whisk until mixed together, but do NOT over-mix - a few lumps are okay.
6. Using a tablespoon to scoop, and fill each muffin with the batter, but only fill ½ to ¾ depending on the size of donuts you want.
7. Bake for approximately 10-12 minutes and allow cool on a wire rack.
8. Melt butter in a microwave safe dish at the end of the baking
9. While donut holes are still warm, melt butter in a microwave safe dish.
10. Combine cinnamon and sugar in another dish.
11. Using a pastry brush, lightly brush a the melted butter onto the top of each donut hole
12. Dip the top of the muffin in the cinnamon sugar mixture.
13. Roll the donut hole in the cinnamon sugar to coat both the top and sides.
14. Dust the cooled donut holes with powdered sugar.
15. Serve warm or at room temperature.

Recipe and image from: [feastie dot com](http://feastie.com)

Recipe #14: Mini Frittatas

Ingredients: (1+ batches in Silicone Muffin Pan)

- 4 large eggs
- 1/3 cup whole milk
- 1/3 teaspoon freshly ground black pepper
- ¼ teaspoon salt
- 3 ounces thinly sliced ham, chopped
- ¼ cup freshly grated Parmesan
- 1 tablespoon chopped fresh Italian parsley leaves



Directions:

1. Preheat the oven to 375 degrees F.
2. In bowl #1, whisk the eggs, milk, pepper, and salt to blend well.
3. Stir in the ham, cheese, and parsley.
4. Fill silicone muffin cups approximately ¾ to the top using mixture in bowl #1
5. Bake until the egg mixture puffs and is just set in the center, about 8 to 10 minutes.
6. Remove the Frittata cups from the silicone muffin pan
7. Serve warm.

Recipe and image from: foodnetwork dot com

Recipe #15: Java Chocolate Smoothie Cups

Ingredients:

- 3 cups strongly brewed coffee, cooled
- 2 bananas
- 1/2 cup chocolate hemp protein or protein powder of choice
- 1/2 cup almonds
- 1/3 cup pitted dried dates, chopped
- 2 teaspoons vanilla extract
- 1 teaspoon cinnamon



Directions:

1. In a blender, add favorite coffee, bananas, protein powder, almonds, dates, extract and cinnamon.
2. Blend on low setting for 25 seconds.
3. Switch to High setting and blend for about 1 minute or until dates and almonds are pulverized.
4. Pour mixture into Silicone Muffin Pan.
5. Place Silicone Muffin Pan in the freezer overnight until solid (at least 4 hours).
6. TIP: Be sure to place Silicone Muffin Pan on a flat surface so it does not spill!
7. Remove coffee cups from Silicone Muffin Pan and store in freezer baggie.
8. When you are ready for your smoothie:
 - a. Place 1 or more coffee cups in your blender
 - b. Add appropriate amount of milk and/or water and/or ice
 - c. About 6 to 8 ounces per coffee cup
 - d. Blend until smooth
9. For the brave souls that want a stronger coffee flavor...
 - a. Cut coffee cup carefully into small cubes
 - b. Eat frozen

Recipe and image from: [muffintinmania dot com](http://muffintinmania.com)

Recipe #16: Pancake Cup Bites

Ingredients:

- 1 cup milk
- 1 cup flour
- 6 eggs
- 1/4 cup melted butter
- 1/8 teaspoon of salt



Directions:

1. Preheat the oven to 400 degrees F.
2. Add all of the ingredients into the blender.
3. Blend until smooth.
4. Pour the mix into your Silicone Muffin Pan – about 1/3 full (no more than 1/2 full)
5. Bake for 15 minutes or until puffy and golden on top.
6. Allow to cool for a couple of minutes until the puffiness drops down and becomes more like a cup
7. Don't wait too long; you want to serve this warm
8. Add your favorite toppings like butter, maple syrup, powdered sugar, fruit, peanut butter, strawberry jam, blueberry jam, honey

Recipe and image from: [makeandtakes dot com](http://makeandtakes.com)

Recipe #17: **Parmesan Hash Brown Cups**

Ingredients:

- 1 cup milk
- Shredded Potatoes
 - 20 oz bag of Simply Potatoes Shredded Hash Browns® or like hash browns, OR
 - 3 ½ cups shredded russet potatoes, rinsed and squeezed dry in a towel
- Chop green onions to 1/3 cup or to taste
- ½ cup grated Parmesan cheese or to taste
- 1 teaspoon salt or to taste
- ½ teaspoon black pepper or to taste
- 2 tablespoon olive oil or to taste



Directions:

1. Preheat the oven to 350 degrees F.
2. In large bowl, combine shredded potatoes, onions, parmesan cheese, salt, and pepper.
3. Toss lightly with a fork.
4. Drizzle on olive oil.
5. Toss with fork again until mixture is well combined.
6. Spoon mixture evenly into 12 muffin cups.
7. With the back of the spoon, apply gentle pressure to pack mixture into each cup.
8. Bake for 60-75 minutes in oven.
9. Allow to cool slightly before removing each potato cup.

TIP: Place cookie sheet on top of Silicone Muffin Pan; turn cookie sheet and muffin pan over together to have hash brown cups come out bottom side up.
10. Place on serving plate bottom side up.
11. Best served warm.

Recipe and image from: [theyummylife dot com](http://theyummylife.com)

Recipe #18: Bacon and Egg Toast Cups

Ingredients:

- 6 slices of bread
- 6 slices of bacon
- 6 eggs
- Salt & pepper

Directions:

1. Pre-heat the oven to 400F degrees.
2. Trim the crust and the corners off the bread – the more circular the crustless-bread, the better
3. Gently flatten the bread and shape into the muffin molds using your hands.
4. Separately, cook bacon until slightly cooked and still pliable.
5. While the bacon is cooling, bake the toast cups (in the muffin pan) in the oven for 5 minutes, just enough to lightly toast the cups.
6. Shape the cooled bacon into the toast cups, with the meaty side out.
7. Crack an egg into each cup.
8. Consider taking out some of the white so not to overflow the cups
9. Lower the temperature of the oven down to 350 degrees.
10. Bake the egg cup in the oven for 15 - 20 minutes or until the egg whites have set and the yolks are creamy.
11. Allow to cool.
12. Use a small spoon to pop the Bacon & Egg Toast cups out.
13. ALTERNATIVE:
 - a. If you're not a fan of runny eggs, you can beat 4 eggs with a bit of milk,
 - b. Season and spoon into the cups, and
 - c. Bake for 10 minutes or until eggs have puffed and are set.
 - d. Feel free to add a bit of cheese.



Recipe and image from: [thenoshery dot com](http://thenoshery.com)

Recipe #19: Chicken Pot Pie

Ingredients:

- 1/2 cup melted butter (or 1/4 cup butter + 1/4 cup unsweetened applesauce)
- 1 chicken breast, pre-cooked and diced
- 1 (14.5 oz) can cream of chicken soup
- 1 cup frozen mixed vegetables
- 1 cup shredded cheddar cheese
- 1 teaspoon onion powder
- 1 teaspoon garlic salt
- Salt and pepper to taste
- 2 (10 oz) cans Pillsbury® or like biscuits



Directions:

1. Pre-heat the oven to 400 degrees F.
2. In a large bowl, combine the cooked chicken, cream of chicken soup, frozen veggies, cheese, herbs, spices and salt & pepper.
3. Place the Pillsbury biscuits into each cup and press into the bottom and up the sides to the top, or slightly over the top of the muffin pan cup.
4. Evenly spoon the pot pie mixture into each biscuit cup.
5. Bake for about 15 minutes; check periodically.
6. Allow to cool for a few minutes and then Enjoy!
7. OPTION: Trim the crust and the corners off the bread bowl – the more circular the crustless-bread, the better

Recipe and image from: [tablespoon dot com](http://tablespoon.dot.com)

Recipe #20: Taco Cups

Ingredients:

- 1 pound ground hamburger
- ½ onion, diced
- 1 large jalapeno, diced
- ¾ cup water
- Seasoning mix (see recipe below)
- Favorite package of Taco seasoning OR Do-it-yourself blend:
 - 1 tablespoon flour
 - 2 teaspoons chili powder
 - 1 teaspoon paprika
 - ½ teaspoon ground cumin
 - ¼ teaspoon oregano
 - ¼ teaspoon cayenne
 - Salt and pepper to taste
- 12 flour tortillas
- 2 cups shredded cheese
- Shredded lettuce and diced tomatoes for topping
- OPTIONAL: Favorite toppings such as salsa, guacamole, pico de gallo



Directions:

1. Pre-heat the oven to 350 degrees F.
2. In skillet #1, cook the ground hamburger thoroughly, drain and return to a clean skillet #1.
3. In skillet #2, saute the diced onion and jalapeno; add it to the hamburger that is in skillet #1.
4. Blend in the seasoning and mix to coat.
5. Heat the mixture on high and add water; reduce and let simmer on med/low for about 10 minutes.
6. Stir occasionally to prevent sticking.
7. Cut 4-inch diameter circles out of the flour tortillas.
TIP: Use a pizza cutter gets the job done quickly. Bake the leftover tortillas for extra chips.
8. Wrap tortilla circles (3 to 4 at a time) in a wet paper towel and microwave for 30 seconds to soften.
9. Mold the warm/soft tortilla circles into Silicone Muffin Pan cups.
10. Add a layer of shredded cheese in the bottom of muffin cup
11. Add about 2 tablespoons of meat mixture, then top with more shredded cheese.
12. Bake in oven for about 20 minutes; check periodically.
13. Allow to cool for a few minutes
14. Remove out of muffin pan
15. Add your favorite topping(s) like salsa, guacamole and/or pico de gallo
16. Serve warm

Recipe and image from: [hispanickitchen dot com](http://hispanickitchen.com)

Recipe #21: S'mores Cookie Cups

Ingredients:

- 2 cups freshly ground graham cracker crumbs
TIP: Don't use the premade crumbs from the store
- ¾ cups butter, melted
- 1/3 cups sugar
- 3 cups mini marshmallows
- 2 cups semi-sweet chocolate chips



Directions:

1. Preheat oven to 400 degrees.
2. In bowl #1, combine crumbs, butter and sugar.
3. In bowl #2, combine chocolate chips and mini marshmallows.
4. Drop a generous amount of the crumb mixture (Bowl #1) in to the bottom of each Silicone Muffin Pan cup
a) Save some of the crumb mixture for a topping in a later step
5. Bake for about 10 minutes.
6. Remove from oven
7. Fill each muffin pan with the marshmallows and chocolate chips (Bowl #2).
8. Sprinkle tops with remaining graham cracker crumb mixture (Bowl #1).
9. Bake at 400 degrees for 10 additional minutes.
10. Cool completely before removing from muffin pan.

Recipe and image from: fudgebananaswirl dot com

Recipe #22: Mini Corn Dog Muffins

Ingredients:

- 1½ cup all-purpose flour
- ½ cup honey
- ½ cup yellow cornmeal
- 1 Tbsp baking powder
- ½ tsp salt
- 1¼ cup milk
- 2 large egg, lightly beaten
- ½ cup olive oil or vegetable oil
- 3 Tbsp unsalted butter, melted
- Favorite package of hot dogs



Directions:

1. Preheat oven to 375 degrees.
2. Optionally, use light cooking spray or Canola/Vegetable oil.
3. In a large mixing bowl, combine the flour, honey, corn meal, baking powder and salt.
4. In a separate bowl, combine the milk, eggs, oil and butter.
5. Mix well.
6. Add to the dry ingredients and stir until blended.
7. Pour the batter into your muffins pan, about two-thirds full.
8. Place the cut up hot dogs into the center of each tin with the batter – it is okay if your hot dog is sticking out and not covered in batter.
9. Bake for about 20 minutes or until the corn bread muffin is lightly firm.
10. Cool for a few minutes in your muffin pan.
11. Turn muffin pan over and let muffins fall into a basket.

Recipe and image from: kitchen daily dot com

Recipe #23: Chocolate Chip Lava Cookies with Ice Cream

Ingredients:

- ½ cup (1 stick) butter, softened
- ½ cup light brown sugar, packed
- ½ cup granulated sugar
- 1 large AA egg
- ½ tablespoon vanilla extract
- 1 ¾ cups all purpose flour
- ½ teaspoon salt
- ½ teaspoon baking soda
- 1 (~12 oz) bag milk chocolate chips – sweet or semi-sweet



Directions:

1. Preheat oven to 350 degrees F.
2. Optionally, use light Canola / Vegetable oil or cooking spray in standard size silicone muffin pan.
3. Place ½ cup chocolate chips in a plastic baggie and lock airtight.
4. Microwave for 15 to 30 seconds.
5. Flip plastic baggie over and repeat for 10 to 20 seconds, until chips are softened; set aside to cool.
 - a) Alternatively, you could use Hershey's® Chocolate Kisses in the center
6. With an electric mixer, cream the butter and sugars until light and fluffy (~ 3 to 5 minutes).
7. Add egg, vanilla and beat until well combined.
8. In a separate bowl, whisk together the flour, salt, and baking soda.
9. Add to the wet ingredients and beat on low speed until just combined.
10. Add the remaining chocolate chips (1 cup) and stir to combine.
11. Using half the cookie dough, scoop 1.5-2 tbsp of dough and place into each cup of muffin pan.
12. Use thumb and indent the center cookie dough (to put chocolate in).
13. Repeat for each cup in the muffin pan.
14. Cut a small tip in the corner of the plastic baggie.
15. Gently squeeze a layer of chocolate in cookie dough in the muffin pan.
16. Microwave more chocolate in a baggie if needed (as stated above).
17. Scoop and flatten the remaining dough and place on top of the chocolate layer.
18. Bake at 350 for 15-20 minutes, until the edges are just browned.
19. Allow the muffins to cool slightly (5 to 10 minutes).
20. Turn over muffin pan into a basket for the cookies to come out
21. Serve hot with your favorite ice cream.

Recipe and image from: Kevin and Amanda dot com