Plain Muffins

6 muffins

- 1/2 cup lowfat milk
- 2 Tbs vegetable oil
- 1 large egg
- 1 cup self-rising flour
- 3 Tbs sugar

1. Preheat oven to 400°.
2. Measure milk; add oil and egg; whisk together until smooth; set aside.
3. Mix flour, sugar and optional ingredients (carrot-raisin or cheese).
4. Use the spoon to make a “well” or hole in the middle of the dry ingredients.
5. Pour milk mixture into the dry ingredients and stir just until moistened.
6. Spoon batter into lightly greased muffin pan or into disposable aluminum cupcake liners set on a baking sheet.
7. Bake at 400° for about 18 minutes until golden.

Carrot-Raisin Muffins

- 1/4 cup each grated carrots and raisins
- 1/2 tsp ground cinnamon

Cheese Muffins

- 1/2 cup sharp cheddar or other cheese