



French Puff Muffins

You will need some parent help for this cooking experience.

Ingredients:

1 egg
¾ cup milk
½ vegetable oil
2 cups flour
1/3 cup sugar
1 Tablespoon baking powder
1 teaspoon salt

Topping and Filling

½ cup sugar
1 teaspoon cinnamon
mix in a small bowl

Directions:

- 🍳 Heat oven to 400°
- 🍳 Grease bottoms of 12 medium muffin cups or use paper liners
- 🍳 Beat eggs, stir in milk and oil
- 🍳 Stir in remaining ingredients all at once just until flour is moistened (batter will look lumpy).
- 🍳 Fill each cup about 1/3 full
- 🍳 Add a teaspoon of cinnamon sugar mixture in center of batter
- 🍳 Add additional batter to make the cups about 2/3-3/4 full
- 🍳 This makes 11 muffins for me. I put about 2 Tablespoons of water in the empty cup for baking.
- 🍳 Place muffins in preheated oven. Bake about 20 minutes until tops are golden brown.
- 🍳 Melt ¼ -1/2 cup of butter.

👉 When muffins are done immediately dip the tops in melted butter then in the cinnamon sugar mixture. Eat right away (the best) or store leftovers in an airtight container.



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