

# FOODS

## Project Resource - Recipes

### Food & You Dairy

#### YOGURT MUFFINS

##### INGREDIENTS:

125 mL (1/2 cup)	soft margarine
175 mL (3/4 cup)	white sugar
5 mL (1 tsp)	vanilla
150 mL (2/3 cup)	plain yogurt
1	egg
375 mL (1 1/2 cups)	flour
2 mL (1/2 tsp)	salt
11 mL (2 1/4 tsp)	baking powder
250 mL (1 cup)	Flavor filler (chocolate chips or raisins)

##### DIRECTIONS:

1. Preheat oven to 182°C (360°F).
2. Grease muffin tins (or line with paper/silicone liners)
3. Measure and cream together margarine and sugar.
4. Add vanilla, yogurt & egg.
5. Sift together flour, salt and baking powder.
6. Stir until just combined.
7. Add flavor filler.
8. Mix until combined (do not overmix)
9. Bake for 20 minutes.
10. Remove from oven and cool on a rack.

Yield: 12 muffins



**NOTE:** When making muffins to enter at exhibitions, add only chocolate chips or raisins. However, when making muffins for yourself, be creative with the flavor fillers.

**Try these:** 1/2 cup chopped nuts  
1 cup of blueberries (coated in flour)  
1 cup mixed fruit (chopped small)

##### STANDARDS FOR JUDGING MUFFINS

30 pts for Appearance  
30 pts for Crumb  
40 pts for Flavor

This represents the General Score Card for Food items - keep in mind that judges will not give an actual score for your muffins, but will use this criteria to make a decision! **TRY IT** with your foods group!

##### JUDGES WILL BE LOOKING FOR...

- ◆ **Size and shape** - symmetrical, rounded top, free from peaks & knobs
- ◆ **Crust** - tender, thin with rough surface, uniform browning
- ◆ **Texture** - medium, fine, moist, tender crumb
- ◆ **Grain** - round, even cells, free from tunnels
- ◆ **Color** - characteristic of the kind of muffin
- ◆ **Flavor** - blended flavor of well-baked ingredients / free from acid flavor or excess baking powder or salt



The time required for baking muffins may vary depending on the oven and muffin tins. Increase/decrease time accordingly.