

# Peach Pecan Muffins with Master Mix

Makes 12 Muffins | Grains • Fruits

## Ingredients

- 3 cups + 2 Tablespoons *CNP Master Mix*
- 3 Tablespoons sugar
- 1 egg, beaten
- 1¼ cups low fat-milk
- 2-4 Tablespoons chopped pecans
- ¾-1 cup drained and chopped canned or frozen and thawed peaches
- Nonstick spray or muffin tin papers

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat oven to 400°F.
3. Coat 12 muffin pan cups with nonstick spray or place muffin papers in each tin.
4. Combine *CNP Master Mix* and sugar.
5. In a separate bowl, blend together egg and milk. Add to dry ingredients. Stir gently just until dry ingredients are moistened. Mixture should be lumpy.
6. Fold in chopped pecans and peaches.
7. Fill each muffin tin ¾ full.
8. Bake at 400°F for 20 minutes.

# Master Mix

Makes 10 cups | Grains

## Ingredients

- 4 cups all-purpose flour
- 4 cups whole wheat flour
- ¼ cup baking powder
- 3 Tablespoons sugar
- 1 Tablespoon salt
- 1 cup canola oil

## Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a large bowl combine flours, baking powder, sugar and salt.
3. Drizzle oil over dry mixture. Cut in with pastry blender, fork or fingers until it resembles coarse cornmeal.
4. Store in a tightly covered container in refrigerator. Keeps 3 months in refrigerator.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.