

Fruity Muffins

From Corn Muffin Mix

12 Muffins | Grains • Fruit

Ingredients

- 1 box corn muffin mix + ingredients needed for box mix (usually milk, oil, and eggs)
- 1 cup fresh, frozen, or canned fruit (peaches, pears, berries, apricots, etc.)
- Nonstick spray or muffin tin papers



Breakfast or
Snack
7th grade +

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Preheat the oven to the temperature listed on the corn muffin mix package.
3. Coat 12 muffin pan cups with nonstick spray or place muffin papers in each tin.
4. Make corn muffin mix according to package directions and mix with a fork until combined.
5. If fruit is fresh, wash it under cool, running water. Dry with a clean paper towel. If fruit is canned, open can with either the pull tab or can opener and drain the juice from the can.
6. Fold fruit into the muffin batter using a spoon or spatula.
7. Fill each muffin tin until $\frac{2}{3}$ full.
8. Bake in the oven following the corn muffin mix box instructions.
9. Use oven mitts to remove from the oven, once the muffins are fully cooked.



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