



Energy Muffin Recipes

Muffins are a perfectly-sized energy food for cyclists. Here's lots of low-fat, high-carb muffin recipes to keep you pedaling without buying a case of gel foods for every week of training.

Muffin Baking Tips

Mixing Ingredients

Fold the batter over until it is barely mixed. Don't stir it excessively. You can tell when your batter is properly mixed when the batter appears bumpy in the bowl and falls in lumps off the spoon. It produces a baked muffin with an even texture with no large holes or tunnels, which is moist and tender. Properly stirred muffins are best for cycling, where durability is an important factor.

An over mixed batter brings out the gluten in the flour, making the dough smooth and elastic. The batter will stretch when lifted with a spoon. The resultant muffins are tough, dry, and are more prone to crumbling, and have an uneven texture with holes and tunnels.

Choosing a Muffin Pan

Choose a solid, well-constructed muffin pan. It should have beaded, rounded corners, and the cups should be seamless.

Shiny muffin pans reflect heat whereas dull or dark pans absorb heat. Dull pans result in a browner crust and you may wish to lower the temperature by 12 C (10 F).

Filling the Pan

Muffins are sized by measuring the diameter of the widest portion. A miniature muffin is 2 inches across, medium is generally 2 3/4 inches, and a large muffin is 3 1/2 inches diameter.

To keep crusts from burning, always try to leave one muffin cup with water, which prevents burning and reduces uneven baking. If the batter will fill only half of the muffin tray, fill the remaining cups with water to avoid heat damage to the metal.

To grease a pan quickly and cleanly, slip your hand into a plastic sandwich bag, then grease. While shortening is often used to grease pans, butter or leftover bacon grease are better alternatives. When making extra large muffins, grease the top of the muffin pan to prevent the muffin tops from sticking to the pan.

If a pan becomes encrusted, soak it in cold water sprinkled with baking soda and allow it to stand for several hours. Wash as usual.

Ingredients

When doubling a recipe, cut back on seasonings such as salt, cinnamon, ginger, cloves, nutmeg, and the like. For a double batch, adjust seasonings by only 50% as a rule of thumb.

If using non-instant milk powder as a substitute for milk, mix dry powder with other dry ingredients, and add the required volume of water to the wet mixture. Otherwise, the milk powder will become lumpy.

Serving and Storing

Muffins are best eaten within two days of baking. Store fresh muffins in a container with a loose-fitting top, as they can become sticky in an air-tight container.

When freezing muffins, allow them to cool fully before wrapping in a plastic bag or air-tight plastic container. Muffins freeze best for one to two months.

Frozen muffins are best reheated by baking at 200 C (400 F) for 25 minutes when covered lightly in foil. Muffins which have cooled to room temperature are reheated by again covering lightly with foil and heating at the same temperature for 10 minutes. Another approach is to sprinkle water on the inside of a paper bag, fill it with muffins, close the bag tightly and bake it at 150 C (300 F) for 20 minutes.

Stale Muffins

To freshen stale muffins, sprinkle water on the inside of a paper bag, fill it with muffins, and bake it for 20 minutes at 150 C as above.

Leftover stale muffins can be frozen in a plastic bag and used later as a quick topping for a casserole. Crumble the muffin, dot the top with butter and sprinkle it with cheese. This is especially good with savory or whole wheat muffins.

Granola Muffins

These muffins are a great source of carbohydrates and calories. To reduce fat, try replacing the eggs with a banana..

In a large bowl, add and combine well:

2 eggs
1/4 cup brown sugar
1/2 cup oil
1 cup buttermilk
1 tsp vanilla

In a smaller bowl, combine well:

2 cup granola
1 cup all-purpose flour, unsifted
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt

Combine wet and dry mixtures and fold together gently until just mixed. Spoon into prepared pan and sprinkle each muffin top with granola. Bake at 200 C (400 F) for 15 to 20 minutes. Remove from pan and cool on rack. Makes 14 medium-sized or 10 large muffins.

Best results are had when the granola is not overly sweet and separates easily.

Whole-Wheat Maple Nut Muffins

These muffins are a mix of carbohydrates and some extra protein. To reduce fat, try replacing the eggs with a banana and the oil with non-fat yogurt.

In a large bowl, add and combine well:

2 eggs
1/2 cup maple syrup
1/2 cup oil
3/4 cup buttermilk
1/2 tsp maple extract

In a smaller bowl, combine well:

1 cup whole wheat flour, unsifted
1/2 cup cake and pastry flour, unsifted
1 1/2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt 1 cup chopped walnuts

Combine wet and dry mixtures and fold together gently until just mixed. Spoon into prepared pan and decorate the top of each muffin with a walnut. Bake at 200 C (400 F) for 20 minutes. Remove from pan and cool on rack. Makes 10 medium-sized muffins.

Pumpkin Muffins

In a large bowl, add and combine well:

1 egg
2/3 cup brown sugar
1/3 cup butter or margarine
3/4 cup milk
3/4 cup canned pumpkin
1/2 cup raisins

In a smaller bowl, combine well:

2 cup all-purpose flour, unsifted
2 tsp baking powder
1/2 tsp baking soda
1/2 tsp salt
1/2 tsp cinnamon
1/2 tsp nutmeg
1/4 tsp ground ginger

Combine wet and dry mixtures and fold together gently until just mixed. Spoon into prepared pan. Bake at 200 C (400 F) for 20 to 25 minutes. Remove from pan and cool on rack. Makes 12 medium-sized muffins.

Try adding roasted pumpkin seeds to batter and sprinkle additional seeds on top of each muffin

Apple Bran Muffins

Fructose invokes the smallest insulin reaction than glucose, or sucrose, itself a mixture of glucose and fructose. As a result of the fructose content of these muffins, they are an excellent recipe for riding, without fats or excessive protein to bog down your digestive system on the road.

In a large bowl, add and combine well:

- 1 banana
- 1/4 cup honey
- 1/4 cup light molasses
- 1 cup all-bran cereal
- 1 1/2 cup chopped apple, lightly packed
- 1/4 cup raisins

In a smaller bowl, combine well:

- 1 cup all-purpose flour, unsifted
- 2 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 cup chopped walnuts

Combine wet and dry mixtures and fold together gently until just mixed. Spoon into prepared pan. Bake at 200 C (400 F) for 20 minutes. Remove from pan and cool on rack. Makes 8 large or 12 medium-sized muffins.

These muffins go well with cottage cheese and fruit, also excellent riding snacks. The apple flavour is most apparent when eaten cold.

For more muffin recipes go to

<http://www.bicyclesource.com/body/nutrition/muffins/>