Best-Ever Muffins

Ingredients:
Start with this basic recipe and add one of several different ingredients for a variety of different muffins.
Basic muffin recipe:
• 2 cups all-purpose flour
• 3 teaspoons baking powder
• 1/2 teaspoon salt
• 3/4 cup white sugar
• 1 egg
• 1 cup milk
• 1/4 cup vegetable oil

Directions:
• Preheat oven to 400 F. Stir together the flour, baking powder, salt, and sugar in a large bowl.
  Make a well in the center. In a small bowl or 2-cup measuring cup, beat egg with a fork. Stir in milk and oil. Pour all at once into the well in the flour mixture. Mix quickly and lightly with a fork until moistened, but do not beat. The batter will be lumpy.

Variations:
Blueberry muffins: Add 1 cup fresh blueberries
Raisin muffins: Add 1 cup finely chopped raisins
Date muffins: Add 1 cup finely chopped dates
Pour the batter into paper muffin pan cups and bake for 25 minutes or until golden.

Makes 12 muffins/12 servings. Each muffin (basic recipe) contains about 181 calories, 30 grams carbohydrate, 6 grams fat, 235 mg sodium, 19 milligrams cholesterol and 1 gram fiber.