

# Questions from the Kitchen

Tips from Pat and Betty,  
Reynolds Kitchens Home Economists



*(NAPS)—Dear Pat and Betty:  
I've started to see parchment paper in my grocery. What is it for?*

**A.** Parchment paper has been a must-have in professional bakers' kitchens for years. It's available now in local grocery stores. Reynolds® Parchment Paper is a genuine vegetable parchment paper we find irreplaceable when baking. We line our cookie sheets with parchment paper to limit spreading of cookie dough so cookies bake evenly. The parchment paper makes clean-up easy, too. It's the key to baking and presenting perfect food every time.

*Dear Pat and Betty:  
I'm trying to eat breakfast regularly, but I'm so busy. Any suggestions?*

**A.** Make a batch of muffins on Sunday night, and have breakfast on hand for a week. We use Reynolds® Foil Baking Cups, but for variety, try the mini or extra large size. Place the foil cups on a cookie sheet (no muffin pan is needed since foil cups are sturdy enough to stand on their own), fill with batter, and pop them in the oven. Here's one recipe. For others, see [reynoldskitchens.com](http://reynoldskitchens.com).

## Apple Yogurt Muffins

12 Reynolds® Foil Baking Cups

### **Topping:**

2 Tbsp flour

2 Tbsp sugar

1 Tbsp butter or margarine,  
softened

½ tsp ground cinnamon

### **Muffins:**

2 cups flour

½ cup sugar

1 Tbsp baking powder

½ tsp salt

¼ tsp ground cinnamon

1 carton (8 oz.) lowfat vanilla yogurt

1 egg

¼ cup vegetable oil

2 Tbsp lowfat milk

¾ cup peeled, chopped apples

⅓ cup raisins (optional)

Preheat oven to 400° F. Place Reynolds® Foil Baking Cups on a cookie sheet; set aside. For Topping, combine topping ingredients until crumbly; set aside. For Muffins, combine flour, sugar, baking powder, salt and cinnamon in large bowl. Beat together yogurt, egg, oil and milk in small bowl. Add to flour mixture; stir until dry ingredients are moistened. Gently stir in apples and raisins. Spoon batter into baking cups, filling evenly with top of baking cups. Sprinkle topping over each muffin. Bake 23 to 25 minutes or until golden brown. Cool on cookie sheet.