



Wheat Muffins

You'll Need: A large bowl, a medium sized bowl, a muffin tin, measuring cups, measuring spoons

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Ingredients	Amount for 12 muffins
All-purpose flour	1 cup
Whole-wheat flour	1 cup
Baking powder	2 tsp
Salt	1 tsp
Egg, slightly beaten	1 egg
Molasses	¼ cup
Powdered Milk	1 cup, prepared
Margarine or butter, melted	¼ cup

Method:

Step 1: In a large bowl, combine all-purpose flour, whole-wheat flour, baking powder and salt. Make a well in the centre.

Step 2: Prepare 1 cup of milk from powder milk. See powdered milk package for directions.

Step 3: In another bowl, combine egg, molasses, milk and margarine. Add to flour mixture, stirring just until blended. Do not over mix. (Approximately 30 clockwise turns is sufficient.)

Step 4: Spoon batter into prepared muffin tin, filling cups three-quarter full. Bake in preheated oven for 25 minutes or until golden brown.

Nutrients per Muffin

Calories: 140 kcals

Fat: 5.0 g

Carbohydrates: 21 g

Protein: 4.0 g

Sodium: 300mg

Fiber: 2.0 g

Nutrition Fun Facts

- You can use powdered milk as a **healthy** substitute for coffee mate.
- Powder milk is a great thickener for homemade smoothies and adds **nutrients** like **calcium and vitamin D**.
- Dry milk has a much **longer shelf life** that regular milk (it won't go bad)