

Wheat Germ Muffins by Lynn's Recipes



Lynn demonstrates how to make healthy Wheat Germ Muffins that are perfect for breakfast. From Hodgson Mill.

Ingredients:

- 1 egg
- 1 cup milk
- 1 cup Wheat Germ
- 4 Tablespoons brown sugar or honey, (I used honey)
- 4 teaspoons baking powder
- 1 cup Whole Wheat Flour
- $\frac{3}{4}$ teaspoon salt
- 2 Tablespoons Canola Oil

Preheat oven to 400°. Line a muffin pan with paper liners or spray with cooking spray. Set aside.

Beat egg with milk. Add wheat germ and let stand 1 minute until some of the moisture is absorbed. Sift in the dry ingredients. Add oil and honey. Stir until combined. Fill muffin cups about half full. Bake 15 minutes.

Makes 10-12 muffins.

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