

WHEAT GERM MUFFINS

1 c. wheat germ
1/4 c. brown sugar or honey
1 egg
4 t. baking powder

1 c. wheat flour

3/4 t. salt

1 c. milk

2 T. oil Beat egg well and mix with milk. Add wheat germ and let stand a minute. Sift in dry ingredients. Add oil and stir. Fill muffin tins (greased or papered) about half full. Bake at 400 degrees for 20 to 25 minutes.

From: Donna Kummer

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