

**** 10 GRAIN MUFFINS Supplies ****

Muffin pan/liners

Bob's Red Mill 10 Grain Hot Cereal

1 1/4 Buttermilk or other non-dairy substitute

1/2 cup sugar or honey

1/3 cup butter-melted

1 large egg

1 cup white flour or wheat flour

1 tsp. salt

1 tsp. baking powder

1 tsp. baking soda

Preheat oven to 400 deg.-combine cereal & milk and let stand for 10 minutes

Cream sugar & butter-add egg

Add dry ingredients and cereal/milk mixture to above-stir

Put in greased muffin pan and bake for 15 minutes

