

Eating Between The Lines



MMMini MMMaple MMMuffins

1. Put one cup each of whole wheat and all purpose flour in a bowl
2. Add 2 teaspoons of baking powder
3. Add ½ tsp baking soda
4. Add ½ teaspoon of salt
5. Stir
6. Crack one egg in another bowl
7. Whisk egg
8. Add 1 ¼ cup buttermilk or yogurt
9. Add ¼ cup maple syrup
10. Add ¼ cup oil
11. Add 1 tsp vanilla
12. Whisk the wet
13. Pour wet into bowl with dry
14. Add ½ cup (100 ml) chopped dates or dried cranberries
15. Stir gently
16. Scoop into muffin cups
17. Bake 10 minutes
18. EAT

Parents' Recipe:

Makes 1 dozen regular or 24-30 mini muffins

Here is what you need:

Dry ingredients:

- 1 cup (250 ml) whole wheat flour
- 1 cup (250 ml) all purpose flour
- ¾ tsp (4 ml) baking soda
- 2 tsp (10 ml) baking powder
- ½ tsp (2 ml) salt
- ½ cup (100 ml) chopped dates or dried cranberries

Wet Ingredients:

- 1 egg
- 1 ¼ (300 ml) buttermilk or plain yogurt
- ¼ cup (50 ml) maple syrup
- ¼ cup (50 ml) vegetable oil
- 1 tsp (5 ml) vanilla extract

Here is what you do:

1. Grease muffin cups or use paper liners.
2. Measure the flour, baking soda, baking powder, and salt into a large bowl. Stir and set aside.
3. Crack egg into a second bowl or a 4-cup liquid measuring cup, and beat with a fork. Add buttermilk, maple syrup, vegetable oil, and vanilla.
4. Add wet (egg and milk) mixture to the dry mixture. Stir until you can't see any flour. Add chopped dates or dried cranberries and stir gently a few times.
5. Bake at 400°F (200°C) for 15 minutes for regular size muffins or 8-10 minutes for mini-muffins. Muffins are done when they are not wet on the top and feel springy to the touch.