

MARYLAND FARM & HARVEST

"The Local Buy" Recipe, Episode 801

Sweet Wheat Muffins

Courtesy of Joshua Fradel

Ingredients

- 1 egg
- ½ cup milk
- ¼ cup oil
- 1 ½ cup whole wheat flour
- ½ cup sugar
- 2 teaspoons baking powder
- ½ teaspoon salt



Directions

Heat oven to 400°. Grease the bottom of twelve muffin cups. Beat egg. Stir in milk and oil. Mix in flour, sugar, baking powder, and salt until flour is just moistened. Batter should be lumpy. Fill muffin cups 2/3 full. Bake for 20-25 minutes, or until golden brown. Remove muffins from the pan immediately.