

Susannah's Whole Grain Muffin Mix Recipe

2 cups Whole Grain Wheat Flour
2 cups All Purpose Flour
2 cups Oatmeal, blended to flour
1 cup Brown Sugar
2 Tb + ½ tsp Baking Powder
½ tsp Cinnamon
¼ tsp Nutmeg
¾ tsp Salt

Combine all ingredients in a bowl and whisk. Be sure brown sugar does not clump, use hands to and rub together and mix if needed. Store in an airtight container until used.

Whole Grain Blueberry Muffin Recipe

Makes 12 muffins, at 67 grams each, to meet the minimum of 2 grain requirements for breakfast, cut in half for snack.

3 cups of Susannah's Whole Grain Muffin Mix

2 whole Eggs

$\frac{3}{4}$ cup Milk

$\frac{1}{4}$ cup Oil

1 cup Blueberries, fresh or frozen

Heat oven to 400F degrees. Place muffin mix in a bowl. Add liquid ingredients in a liquid measuring cup and whisk. Add liquid ingredients to muffin mix and gently smooth till moist-halfway through mixing add blueberries. Do not over-mix. Divide equally between 12 cup sprayed muffin tins - no need to use muffin cups. Bake for approximately 15 minutes at 400F degrees. Cool before serving. May freeze cooked muffins; thaw before serving.

Can substitute the blueberries for chopped apples, coconut, chocolate chips, raisins, dried cherries, raspberries, or similar whole fruit pieces.

Whole Grain Pumpkin Raisin Recipe

Makes 12 muffins, at 80 grams each, to meet the minimum of 2 grain requirements for breakfast, cut in half for snack.

3 cups of Susannah's Whole Grain Muffin Mix
2 whole Eggs
½ cup Milk
3 Tb Oil
1/3 cup pumpkin, canned
½ cup raisins

Heat oven to 400F degrees. Place muffin mix in a bowl. Add liquid ingredients (including pumpkin) in a liquid measuring cup and whisk. Add liquid ingredients to muffin mix and gently smooth till moist-halfway through mixing add raisins. Do not over-mix. Divide equally between 12 cup sprayed muffin tins - no need to use muffin cups. Bake for approximately 15 minutes at 400F degrees. Cool before serving. May freeze cooked muffins; thaw before serving.

Can substitute puree banana, puree peaches, applesauce, cranberry sauce, or any similar moist fruit.

Can remove or substitute the raisins for a whole fruit item instead.