

Plain Sweet Muffins

Ingredients

1 Oeuf

3/40 cups Milk, whole, 3.25% milkfat, with added vitamin D

1/30 cups Oil, soybean, salad or cooking

3/41 cups Wheat flour, white, cake, enriched

1/40 cups Sucres en poudre

Instructions

1. Pre-heat oven to 200oC / Gas Mark 6.
2. Grease muffin tin or use paper cases / cups.
3. Beat egg in small mixing bowl. Beat in milk and cooking oil. Set aside.
4. In large mixing bowl stir together flour and sugar. Mix a well in the centre.
5. Add egg mixture all at once and stir.
6. Spoon into muffin tin / cups, filling each about 2/3 full.
7. Bake in pre-heated oven for 20-25 minutes.
8. Remove from tins / cups and enjoy.

Nutrients

Les glucides	36.83
Énergie	298.39
Les graisses	14.29
Protéine	5.3

50 Minutes

6