



Muffin - Berry

Makes: 20 muffins (90 g each)

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
4 cups	whole wheat flour	1 L
2 tsp	baking powder	10 mL
½ cup	sugar	125 mL
4	eggs, beaten	4
2 cups	milk	500 mL
¾ cup	vegetable oil	175 mL
2 tsp	vanilla	10 mL
2 cups	berries, fresh or frozen	500 mL

Instructions

1. Preheat oven to 400°F (205°C).
2. In medium bowl, mix together the dry ingredients.
3. In separate bowl, whisk together the wet ingredients.
4. Add wet ingredients to dry ingredients. Stir until just combined. Fold in berries.
5. Divide batter between greased/lined muffin tins.
6. Bake muffins for approx. 15 minutes until golden.

Nutrition Information

Serving ½ muffin (45 g)

Calories	110
Fat	5 g
	Saturated 0.5 g
	+ Trans 0 g
Sodium	70 mg
Carbohydrates	14 g
	Fibre 2 g
	Sugars 4 g
Protein	3 g
	Calcium 70 mg
	Iron 0.5 mg

Food Guide Servings

½ Grain product