

## WHEAT GERM CRUNCH MUFFINS

- 1½ cups all-purpose flour
- ½ cup KRETSCHMER® Wheat Germ
- ½ cup sugar
- 1 tablespoon baking powder
- ½ teaspoon salt (optional)
- 1 cup skim milk
- ¼ cup margarine, melted
- 2 egg whites or 1 egg
- 2 tablespoons KRETSCHMER® Wheat Germ



Heat oven to 400°F. Line 12 medium muffin cups with paper baking cups or spray bottoms only with no-stick cooking spray. Combine first 5 ingredients; mix well. Add combined milk, margarine and egg whites; mix just until dry ingredients are moistened. Fill muffin cups 2/3 full. Sprinkle with wheat germ. Bake 20 to 22 minutes or until wooden pick inserted in center comes out clean. Serve warm.

**NUTRITION INFORMATION PER MUFFIN:** Calories 150; Total Fat 4g; Saturated Fat 1g; Cholesterol 0 mg; Sodium 140 mg; Fiber 1g.

**VARIATIONS:** Apple Cinnamon Muffins - Add ¾ cup finely chopped tart apple and 1 teaspoon ground cinnamon to dry ingredients.

**Jam Filled Muffins** - Fill muffin cups ½ full with batter. Spoon 1 teaspoon jam (any flavor) into center of each muffin; top with remaining batter.

**Dried Fruit Muffins** - Add ½ cup of any one of the following dried fruits to dry ingredients: raisins, cherries, blueberries, cranberries, chopped dates, or diced dried mixed fruit.

**Berry Good Muffins** - Add ¾ cup fresh or frozen blueberries or raspberries (do not thaw) and ¾ teaspoon grated lemon peel to dry ingredients.

\*For best baking results, use dry measuring cups.