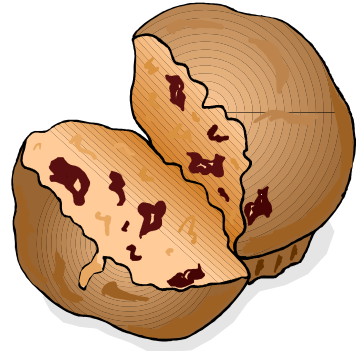


A Recipe from the Cooking for Life Program:
Whole Wheat Fruit Muffins



Ingredients

- 1 $\frac{1}{3}$ cups whole wheat flour
- 1 cup all purpose flour
- $\frac{1}{2}$ cup sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon cinnamon
- 1 cup plain nonfat yogurt
- $\frac{1}{3}$ cup water
- 2 tablespoons vegetable oil (preferably canola)
- 1 egg
- 1 $\frac{1}{4}$ cups fresh or thawed frozen blueberries, raspberries, strawberries or other fruit

Directions

1. Preheat oven to 425°.
2. In a small bowl, combine the flour, sugar, baking soda, baking powder and cinnamon.
3. In a medium bowl, mix the yogurt, water, oil and egg.
4. Add the dry ingredients to the moist ingredients.
5. Stir just until moistened.
6. Fold in the fruit.
7. Spoon batter into greased muffin tins.
8. Bake at 425° for 20-25 minutes.

Makes 12 muffins.

Cooking for Life is a collaboration of the Vermont Campaign to End Childhood Hunger and UVM Extension's Expanded Food and Nutrition Education Program.