

Mini Muffins

Appetizer/Breakfast



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Ingredients:

- 1 cup all purpose flour
- 1 cup whole wheat flour
- ½ cup packed brown sugar
- ¼ cup granulated sugar
- 2 tsp baking powder
- ¼ tsp salt
- ¾ cup milk
- ¼ cup vegetable oil
- 2 large eggs
- 1 tsp vanilla extract
- Fresh berries of your choice

Toppings:

- Raw sugar
- Oats
- Pepitas
- Walnuts

Nutrition Facts	
servings per container	
Serving size	(23g)
Amount per serving	
Calories	60
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 50mg	2%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 34mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Directions:

1. Preheat oven to 350 degrees.
2. Add all dry ingredients into a large bowl: flours, sugars, baking powder, salt. Whisk together until everything is evenly distributed.
3. Combine all wet ingredients in a small bowl and whisk together.
4. Pour into the middle of the dry ingredients and combine until there are no lumps of flour. Don't overmix, you don't want them to be tough, but you don't want any lumps of flour left behind. Lastly fold in your fresh berries, if using strawberries, I recommend dicing into small pieces.
5. Spray mini muffin tins well with cooking spray or line with mini baking cup papers. Portion batter into mini muffin tins, fill almost to the top but not quite. Top with toppings. I like to combine oats, raw sugar and seeds of some sort.
6. Bake for 12-15 minutes or until a toothpick comes out of the center clean.
7. Let cool 10 minutes and remove from trays to cool on a rack. Freeze or keep fresh.
8. Makes approx: 36 mini muffins. (Nutrition panel serving is per mini muffin.)