

Health Muffins

Phil

- 1 1/2 cups very hot water
- 1/4 cup molasses
- 1/2 cup natural bran
- 1/2 cup rolled oats
- 3 tbsp sugar
- 3 " brown sugar
- 1/2 cup whole wheat flour
- 1/2 " flour
- 1/4 " graham flour (opt) add white
- 1/2 " skin milk powder
- 3 tbsp wheat germ
- 1 " baking powder
- 1/2 tsp " soda
- salt to taste
- 1/3 cup cooking oil
- 2 large eggs
- 2 tsp vanilla
- 1/2 cup coconut
- 1/2 " walnuts
- 1/2 cup sunflower seeds
- 1 cup raisins
- 1/2 cup chopped apricot or whatever
- 1/2 cup chopped dates

Combine water & molasses. Add brown & oats.
Soak for 15 mins.

Add rest of ingredi:

Bake 350° - 20 mins.

1 dog muffins.

in Treherne Cook book
Double choc. banana
Shelley Hayward.