

WHOLE WHEAT MUFFINS
(Ruffins)

- 1 cup sifted enriched flour
- 1/3 cup sugar
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1 cup uncooked Instant Ralston (*ground wheat*)
- 1/4 cup salad oil
- 1 egg, beaten
- 1 cup milk

(over)

Heat oven to 400*. Butter muffin pans. Sift together flour, sugar, salt and baking powder. Mix in Ralston. Combine oil, egg, and milk. Add to flour mixture. Stir just until moistened. Bake in muffin pans filled 2/3 full for 20 minutes or until brown. Serve immediately or freeze. Yield: 12 medium/ muffins. *maria*