

# Muffins in a Pan



## Equipment:

- large bowl
- stirring spoon
- measuring cups
- table knife or spatula
- measuring spoons
- small bowl
- fork
- liquid measuring cup
- 8-inch by 8-inch pan
- toothpicks

## Ingredients:

- 1 cup whole wheat flour
- $\frac{3}{4}$  cup white all purpose flour
- $\frac{1}{4}$  cup sugar
- 4 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt
- 1 medium egg
- 1 cup milk (fat free)
- $\frac{1}{4}$  cup vegetable oil (canola works well)



## Directions:

1. Measure dry ingredients.
2. Mix dry ingredients.
3. In a separate small bowl, beat egg slightly and stir in milk and oil.
4. Add wet ingredients to the dry and stir till just moistened. Batter will be lumpy.
5. Spray pan with non-stick spray.
6. Pour in 8 inch by 8 inch square cake pan.
7. Bake for 20-25 minutes, or until a toothpick comes out clean at 400°F.



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