



create your own muffin

serves 12

ingredients



choose one extra ingredient



or



or



or



or



Recipe serves 12—each serving represents:

1 serving from the Grain Products Food Group

based on Canada's Food Guide to Healthy Eating

Be active 30 to 60 minutes every day.

Children need more activity than adults.



healthyalberta.com

1 Heat oven to 400°F/200°C.



2 Add ingredients.



egg



milk



canola oil



Mix together in a bowl.

3 In a separate bowl add ingredients.



flour



sugar



salt



baking soda



Mix together.

4 Add dry ingredients to wet ingredients.



Add extra ingredient.

5 Line muffin pan with muffin liners.



Put batter into muffin pan.

6



Put into oven. Bake 18 to 20 minutes.

7



Put on wire rack to cool.

recipe source

CanolaInfo
www.canola.info.org

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