



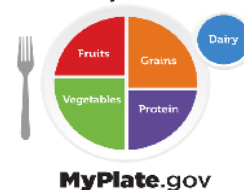
# PEANUT BUTTER MUFFINS

 @Gleanersfan

WATCH RECIPE VIDEO HERE



Color your meal!



## Ingredients:

**$\frac{3}{4}$  cup peanut butter**

**$\frac{1}{2}$  tablespoon honey**

**2 eggs**

**$\frac{1}{2}$  tsp salt**

**1 cup milk, skim**

**3 tablespoons sugar**

**2 teaspoons baking powder**

**$\frac{1}{2}$  teaspoon salt**

**$\frac{1}{2}$  cup cornmeal**

**$1\frac{1}{2}$  cup flour**

## Directions:

1. Preheat oven at 375°F.
2. Line 12 muffin cups with baking cups or grease the bottom of each one with non stick cooking spray.
3. Blend the peanut butter with honey, eggs (one at a time, beating well after each egg) and milk and mix well.
4. Mix the flour, cornmeal, sugar, baking powder and salt. Mix the dry with the wet ingredients until they are moistened. Don't stir too much.
5. Fill each muffin cup  $\frac{2}{3}$  full. Bake for 20 to 25 minutes until golden brown. Cool for at least 10 minutes before serving. Enjoy!

Find more recipes and resources online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.org/recipes_resources)

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خط المساعدة



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