

Make it whole Quick switch from white flour

If you've thought about switching from white flour to whole wheat flour, but didn't know which recipe to use, here's one for banana walnut whole grain muffins. It's made with bran flake cereal and whole wheat flour for a double-helping of health. The whole grain and corn meal muffins might go well with stew or could be served with an evening meal. For an exotic and hearty muffin, try the herb and cheese whole grain selection.

These recipes were found on www.foodieview.com.

BANANA WALNUT WHOLE GRAIN MUFFINS

- 3/4 cup milk
- 3/4 cup bran-flake cereal
- 1 large egg, lightly beaten
- 1/4 cup vegetable oil
- 1/4 cup firmly packed light brown sugar
- 1/4 cup honey
- 1 very ripe large banana, mashed
- 1 cup quick-cooking (not instant) oats
- 2/3 cup whole wheat flour
- 1 tablespoon baking powder
- Pinch salt
- 1/2 cup chopped walnuts

Preheat oven to 400 °F. Spray muffin cups with nonstick baking spray.

In a medium mixing bowl, combine milk and cereal. To cereal mixture, add egg, oil, brown sugar, honey, and mashed banana. Stir until well mixed. In a separate bowl, combine oats, flour, baking powder, and salt. Add dry ingredients to wet ingredients and mix briefly, just till dry ingredients are moistened. Stir in walnuts and spoon batter into muffin cups — 12 regular or 6 jumbo. Bake 15 to 20 minutes or until tops are nicely browned and a toothpick inserted in center comes out clean. Let cool in pan for 10 minutes, then turn out onto rack.

WHOLE GRAIN AND CORNMEAL MUFFINS

- 1 3/4 cups stone ground cornmeal
- 3/4 cup whole wheat flour
- 3 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 1/2 cups buttermilk
- 2 large eggs
- 3 tablespoons butter, melted

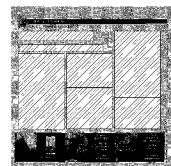
Grease and flour 12 to 15 muffin cups. Heat oven to 425°.

Combine the meal, flour, baking powder, soda, and salt in a large mixing bowl. In another bowl, whisk together the eggs, buttermilk and cooled melted butter. Pour the buttermilk mixture into the dry mixture and stir until all ingredients are moistened. Fill muffin cups about 3/4 full. Bake for 15 to 20 minutes, or until browned and firm to a light touch.

Makes 12 to 15 cornbread muffins.

WHOLE GRAIN HERB AND CHEESE MUFFINS

- 1/4 cup minced onion
- 1/2 cup diced green bell pepper
- 3 tablespoons salad oil
- 2 tablespoons honey
- 1 tablespoon Dijon mustard
- 1 cup milk
- 2 large eggs
- 3/4 cup grated cheddar cheese
- 1-1/2 cups whole wheat flour
- 1/2 cup yellow cornmeal
- 2 teaspoons baking powder
- 1/2 teaspoon dry thyme leaves
- 1/2 teaspoon dry tarragon leaves
- 1/2 teaspoon salt



Preheat oven to 375 degrees and prepare pans.

In a frying pan cook onion and pepper in 1 tablespoon of the oil until limp stirring often.

Mix remaining oil, honey, mustard, milk, eggs and cheese.

In another bowl stir together flour, cornmeal, baking powder, herbs and salt.

Add dry mix to wet mix with the onion mixture stir until just combined.

Spoon into muffin pan and bake for 25 minutes.