100% wgrain

the spruce

Basic Whole Wheat Muffin Recipe

🕒 25 mins | Yield: 12 muffins (serves 12) | ★ ★ ★ ★ ☆ (8)

What You'll Need

1/2 cup butter (or margarine)

1/2 cup sugar

1/2 cup brown sugar

1 tsp baking soda

1 egg

1/4 tsp vanilla

1 cup milk

2 cups whole wheat flour

How to Make It

01 Pre-heat oven to 400 degrees. Line the muffin tin using paper baking cups or use cooking spray to coat the bottom of the muffin tin.

02 Using an electric mixer, cream together the margarine, granulated sugar, brown sugar and baking soda, scraping the bowl with a spatula.

03 In a separate small bowl, using a fork, beat together the egg and vanilla; add to creamed mixture. Beat until light and fluffy.

04 Add the milk and then gradually add the whole wheat flour and lightly stir the ingredients together just until combined. Don't overmix your muffin batter!

05 Fill muffin tins 2/3 full and bake 15 to 17 minutes or until browned and done.

Calories/Serving: 231

Nutrition: One muffin provides approximately: 231 calories; 5 g protein; 34 g carbohydrates; 9 g fat (1 g saturated); 19 mg cholesterol; 3 g fiber; 14 mcg folate; 1 mg iron; 120 mg sodium.