Justin McGuire

Senior

Grains

Anderson

Southern Strawberry Muffins

1 cup all-purpose flour
1/2 cup whole wheat flour
2 teaspoons baking powder
1/4 teaspoon salt
1 beaten egg
1/2 cup 1% milk
1/2 cup honey
1/4 cup canola oil
1/2 teaspoon finely shredded lemon peel
1/2 cup finely chopped fresh strawberries

In a mixing bowl stir together all-purpose flour, whole wheat flour, baking powder, and salt. Make a well in the center. In another bowl combine beaten egg, milk, honey, cooking oil, and lemon peel. Add egg mixture all at once to dry mixture. Stir just till moistened (batter should be lumpy). Fold in strawberries. Grease muffin cups or line with paper bake cups; fill 2/3 full. Bake in 400 degree oven for 18 to 20 minutes or till golden. Remove muffins from pans; serve warm. Makes 12.