Whole Wheat Muffins

1 egg
1 cup milk
1/4 cup salad oil
1/4 cup sugar
1 cup Stone-Buhr whole wheat flour
1 cup sifted Stone-Buhr unbleached white bread flour
1 tsp. baking powder
1 tsp. salt

Serve these muffins with butter and honey. They are delicious for breakfast or with fried chicken.

Mix egg, milk and oil together well. In a bowl, place all the dry ingredients and stir until well mixed. Make a well in center and add milk mixture. Stir just enough to moisten dry ingredients. Fill greased muffin pans two-thirds full. **Bake** at 400°F for 20 to 25 minutes or until done.

Makes 12 muffins.

Soy Muffins

1 1/2 cups bread flour
1/4 cup butter or margarine
4 tsp. baking powder
1/2 tsp. salt
1/2 cup Stone-Buhr soy flour
1/4 cup sugar
1 egg
1 cup milk

This combination of wheat and soy lours is delicious. The soy lour is high in protein and gives these muffins a golden color.

Sift flours and measure. Re-sift 2 times with baking powder and salt. Cream butter. Add sugar gradually, creaming well. Beat in egg until fluffy. Stir in milk. Add to flour mixture all at once and stir just to dampen ingredients. Fill greased muffin pans two-thirds full. **Bake** at 425°F for about 20 minutes or until done.

Makes 10 to 12 muffins.