

#7

Whole Wheat Lemon Poppy Seed Muffins

INGREDIENTS

1 cup all purpose flour & $\frac{3}{4}$ cup whole wheat flour

$\frac{1}{3}$ cup sugar

2 teas baking powder

$\frac{1}{4}$ teas salt

1 egg

$\frac{3}{4}$ cup milk

$\frac{1}{4}$ cup applesauce

$\frac{1}{4}$ cup lemon juice

1 TB poppy seeds

INSTRUCTIONS

Mix ingredients together in the order they are listed.

Put in muffin cups, bake in a 375 degree oven for about 15 minutes.

Recipe from Toni Anderson