

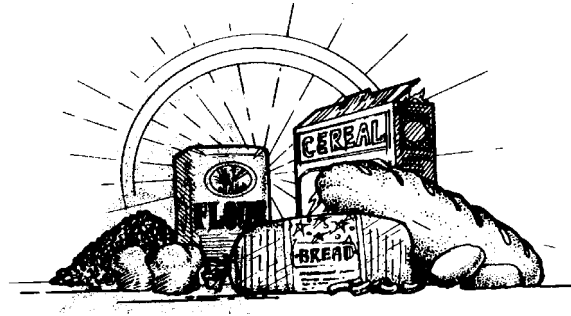


UNIVERSITY OF ILLINOIS
EXTENSION

FAMILY NUTRITION PROGRAM
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

Getting More Grains

**Grain foods taste good. Try
lots of different grain foods.**



- Grains give you energy.
- You can eat 6 to 11 servings of grains every day.
- Grains have protein, vitamins and minerals we all need to stay healthy.
- Grains give us fiber.
- Fiber in grains also helps keep us regular.
- Fiber may also decrease cholesterol and help prevent heart disease.
- Grain foods are good any time of day - breakfast, lunch, dinner and snacks.

Bran Cereal Muffins Makes 12 medium-size muffins

1 cup whole bran cereal	1 1/4 cups whole wheat flour, unsifted
1 cup milk	2 teaspoons baking powder
1 egg	1/4 teaspoon baking soda
1/4 cup oil	1/2 teaspoon salt
1/4 cup honey	

1. Preheat oven to 400 degrees F.
2. Grease muffin tins
3. Stir bran cereal and milk together in a bowl. Let stand a minute or two.
4. Add egg, oil and honey. Beat well.
5. Stir remaining ingredients together until well mixed. Add to liquid mixture and stir only until mixed.
6. Fill muffin tins 2/3 full.
7. Bake about 20-25 minutes or until lightly browned.

NUTRITION FACTS (per muffin) - Calories 160 ~ fat 6 g ~ calories from fat 60 ~ sodium 220 mg ~ total carbohydrate 22 g

Whole Wheat Pumpkin Muffins

1 cup all-purpose flour	1/4 teaspoon baking soda
3/4 cup whole wheat flour	dash salt
1/4 cup sugar	1 egg, beaten
2 teaspoons baking powder	2 Tablespoons oil
1 teaspoon cinnamon	1/2 cup canned or cooked mashed pumpkin

1. Preheat oven to 375 degrees F.
2. Grease muffin tins.
3. In a large mixing bowl, stir together all-purpose flour, whole wheat flour, sugar, baking powder, cinnamon, baking soda and salt. Make a well in the center of dry ingredients.
4. In a small mixing bowl, stir together egg, milk, and oil. Stir in the pumpkin.
5. Add the egg mixture all at once to the dry mixture. Use a fork and stir just until moistened. (Batter will be lumpy.)
6. Fill muffin cups 2/3 full. Bake at 375 for 18 to 20 minutes or until toothpick comes out clean. Cool slightly and remove from muffin tins.

NUTRITION FACTS (per muffin) - Calories 110 ~ fat 3 g ~ calories from fat 25 ~ sodium 115 mg ~ total carbohydrate 19 g

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