

## Wheat Germ Muffins

140 mL all purpose flour  
25 mL granulated sugar  
3 mL baking soda  
1 mL salt  
65 mL wheat germ  
25 mL brown sugar  
30 mL chocolate chips  
1 egg  
100 mL sour milk (5 mL vinegar + 95 mL milk)  
30 mL oil

1. Preheat oven to 400 °F.
2. Line 6 muffin cups with paper liners.
3. Sift flour and measure.
4. In a large bowl, beat together flour, granulated sugar, baking soda and salt.
5. Stir in wheat germ, brown sugar, and chocolate chips.
6. In a small bowl, beat together egg, sour milk, and oil with a fork.
7. Make a depression in the dry ingredients and pour the liquids in all at once.
8. Stir with a fork only until combined. 12 - 14 stirs. Batter should be LUMPY. DO NOT OVERMIX!!!
9. Using a tablespoon and rubber spatula, fill muffin cups, 2/3 full.
10. Bake 15 - 20 minutes and until golden brown.