



NUTRITION CONSULTING INC.

Berry Barley Muffins

You will enjoy the light fluffy texture of these muffins while still enjoying the benefits of whole grain barley flour. For a balanced breakfast have a side bowl of yogurt or cottage cheese and fresh fruit.

Recipe adapted from Alberta Barley Commission

Makes 12 muffins.

What you need:

- 2 eggs
- ¼ cup canola oil
- 1 cup skim milk
- ½ cup sugar
- 2 cups whole barley flour
- 4 tsp baking powder
- ¼ tsp salt
- ½ tsp cinnamon
- 1 cup fresh or frozen blueberries
- 1 cup fresh or frozen cranberries



How you prepare:

1. Mix eggs, oil, milk and sugar. Add flour, baking powder, salt and cinnamon and mix just until combined. Fold in blueberries and cranberries.
2. Line muffin tin with muffin papers or grease muffin pan well. Fill each tin with batter.
3. Bake at 400°F for approximately 18 minutes or until centre springs back when lightly touched.
4. Cool 10 minutes before removing from muffin pan.

Nutrition information per serving:

- 189 Calories
- 4.5 g Protein
- 31.2 g Carbohydrates
- 5.8 g Fat
- 3.3 g Fibre

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