

VYP

Vary Your Protein Recipe Series

Recipe Category: Hot or Cold Side Dish

Whole Grain Peanut Butter Breakfast Muffins

Yield: 7 servings, 1 muffin each

- 1/2 cup whole wheat flour OR all-purpose white flour
- 1 1/2 teaspoons baking powder
- 1/3 cup brown sugar, packed
- 1/4 cup quick-cooking rolled oats
- 1/4 cup yellow cornmeal
- 1/2 cup nonfat dry milk powder
- 2 tablespoons creamy peanut butter
- 3/4 cup water
- 1 large egg or 1/4 cup pasteurized egg substitute

1. Wash your hands and work area.
2. Spray 7 muffin cups with non-stick cooking spray.
3. Preheat oven to 350 degrees F.
4. In a mixing bowl, stir together flour, baking powder, sugar, oats, cornmeal and dry milk powder. Mix well.
5. Add peanut butter. Using a fork, blend mixture until it is crumbly. Set aside.
6. In a small bowl, beat together water and egg.
7. Add wet mixture to flour mixture. Stir until ingredients are just moistened, not longer.
8. Put about 1/3 cup batter into each muffin cup.
9. Bake for about 16 minutes, or until a toothpick inserted into the middle comes out dry.
10. For freshness, tightly cover any leftovers. Or, if desired, freeze cooled muffins in a moisture-proof freezer container.



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*Meal suggestion:
Serve as a breakfast or snack with an orange and low-fat milk.*

These muffins are a good source of calcium. If desired, double the recipe and freeze the extras to use on busy days.

Nutrition Facts

Serving Size 1 muffin (70g)
Servings Per Container 7 muffins

Amount Per Serving	
Calories 150	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 170mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	8%
Sugars 14g	

Protein 6g

Vitamin A 4% • Vitamin C 0%
Calcium 15% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

2 carbohydrate choices per serving.

For more information about healthy eating, contact your local extension office or log on to www.ksre.ksu.edu/humannutrition. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, "VYP Recipe Series," June 2009. This material was funded by USDA's Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.