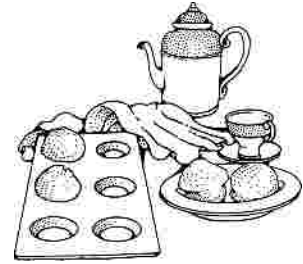


September 2011:

Labor Day is over and it is time to think about baking again. These flavorful muffins are great as a breakfast item or with afternoon tea. I used this recipe a few years ago for an afternoon tea table, following a lecture series. Enjoy!



Sweet Molasses Muffins:

2 egg whites	1/4 C. brown sugar (+ extra for topping)
1/4 C. molasses	1 tsp. salt
2 Tbsp. canola oil	2 tsp. baking soda
1 C. milk	2 C. flour

- Preheat oven to 350°
- Mix together egg whites, molasses, oil and milk. Combine dry ingredients and add to egg mixture. Stir until smooth.
- Spoon into greased muffin tins. Press 1 tsp. brown sugar on top of each. Bake 15 min. (until tester comes out clean).
- Makes 10-12 standard size muffins or approx. 4 dozen mini muffins.