

HERBED CRUMB MUFFINS

1 1/2 cups whole wheat flour
3/4 tsp. salt
2 tsp. baking powder
1 cup whole-grain bread crumbs
2 Tbsp. grated parmesan cheese
3 Tbsp. oil
1 Tbsp. honey
1 egg
2 Tbsp. chopped chives or minced raw sauteed onions
3 Tbsp. finely chopped parsley
1 cup milk

Preheat the oven to 375 degree F.

Sift flour, salt, and baking powder. Stir in bread crumbs and cheese. In the Bosch bowl with the whips or cookie paddles, combine oil, honey, egg, onions, parsley and milk, stirring to dissolve the honey. Jog a few times in the Bosch bowl to do this. Add the dry ingredients into the liquid ones and jog a few more times until just moistened. Spoon into greased muffins tins and bake in preheated oven for 15 to 20 min. Makes 12

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