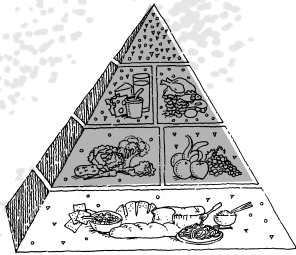


Cinnamon Muffins



- Cinnamon Muffins are in the Bread, Cereal, Rice, and Pasta Group.
- The foods in this group are carbohydrates.
- Carbohydrates give you energy.

- **Enriched** breads and cereals have thiamin, niacin, riboflavin, and iron added.
- Thiamin helps keep nerves healthy. It improves your appetite.
- Niacin and riboflavin help keep skin, mouth, and tongue healthy.
- Iron helps build good red blood.

Everyone needs at least six servings of bread, cereal, rice, and pasta every day.

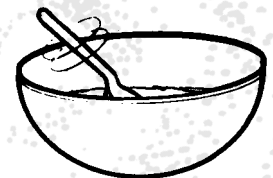
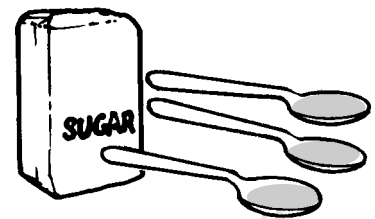
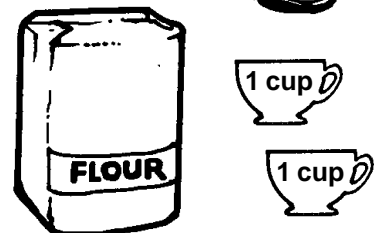
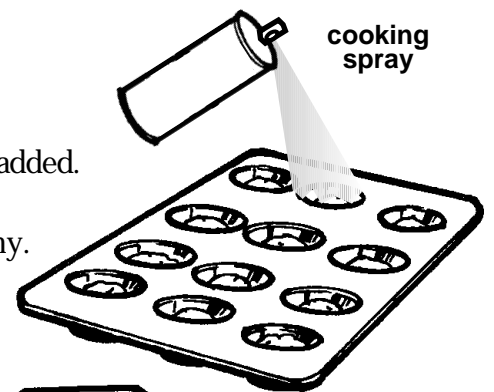
This recipe makes about 12 muffins.

You Will Need:

Nonstick cooking spray	1 cup skim milk
2 cups self-rising flour	2 tablespoons oil
3 tablespoons sugar	1 teaspoon cinnamon
2 teaspoons cinnamon	2 teaspoons sugar
1 egg, beaten	

To Make Cinnamon Muffins:

1. Turn on oven. Set it at 400 degrees F. This is a hot oven.
Spray the cups of a muffin pan with nonstick cooking spray.
2. Put 2 cups of self-rising flour in a bowl.
Add 3 tablespoons of sugar and 2 tablespoons of cinnamon. Stir.

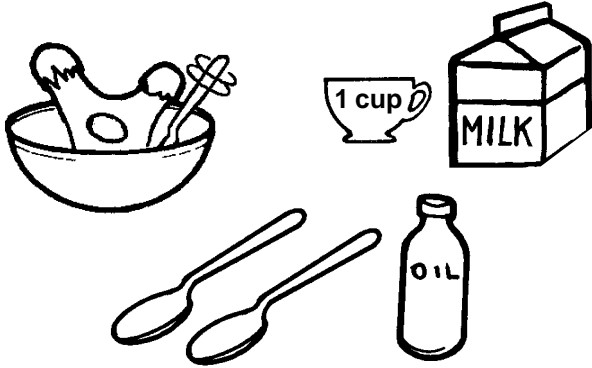


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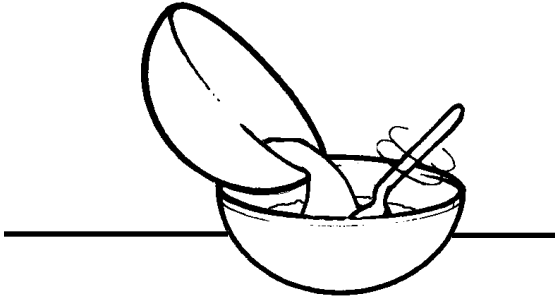
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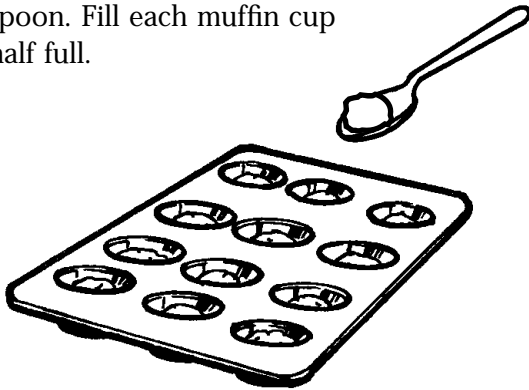
3. In a separate bowl, break an egg and beat it. Add 1 cup of milk and 2 tablespoons of oil. Stir.



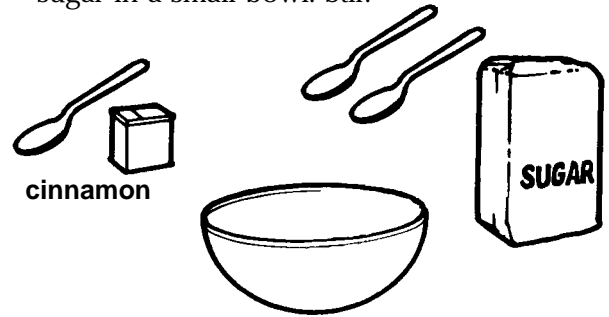
4. Add this mixture to the flour mixture. Stir just until the mixture is wet. The batter will have lumps in it. *Do not mix too much.*



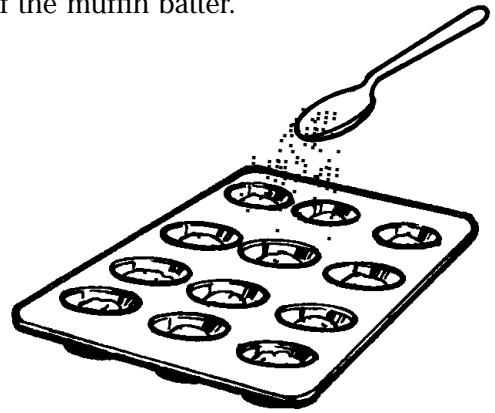
5. Put batter into the muffin pan. Use a spoon. Fill each muffin cup about half full.



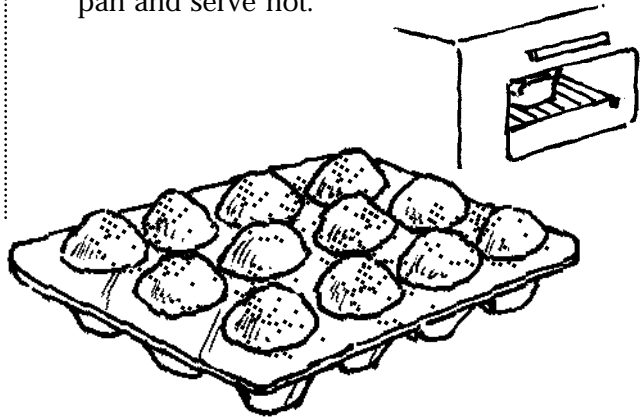
6. Put 1 teaspoon cinnamon and 2 teaspoons sugar in a small bowl. Stir.



7. Sprinkle cinnamon and sugar mixture on top of the muffin batter.



8. Bake about 20 minutes at 400 degrees F. Bake until light brown. Remove muffins from pan and serve hot.



Cinnamon Muffins are good for breakfast, snacks, or for any meal. Try them.

