



# Sunny Boy Muffins

## Cooking Instructions

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*A classic recipe for moist and delicious muffins. Great for a healthy snack, an energy boost during or after exercise, or a quick breakfast on the go.*

*Yields 8-10 muffins.*

### Ingredients:

- 1 cup (250 ml) margarine
- $\frac{3}{4}$  cup (185 ml) milk
- 2 tbsp (30 ml) vegetable oil
- $\frac{1}{2}$  cup (125 ml) Sunny Boy Cereal
- 1  $\frac{1}{2}$  cups (375 ml) Sunny Boy Organic Unbleached All-Purpose Flour
- $\frac{2}{3}$  cup (160 ml) sugar
- 1  $\frac{1}{2}$  tbsp (22ml) baking powder
- Optional: Your favourite berries, raisins, chocolate chips, or anything else desired

### Directions:

1. Preheat oven to 375°F (190°C). Soak the Sunny Boy Cereal in milk for 15-20 minutes, or overnight in the fridge for a softer texture.
2. Combine the liquid ingredients in a large bowl. Mix the dry ingredients together in a separate bowl, and then add them to the liquid ingredients. Mix well.
3. Turn the batter into a greased or lined muffin tin and bake for 25 minutes at 375°F (190°C).
4. Allow the muffins to cool, then enjoy.