

# Traditional Food Recipe

## Wheat Berry Muffins





### Ingredients:

- 2 **eggs**
- 2/3 cup plain **yogurt**
- 1/3 cup vegetable oil
- 2/3 cup cooked wheat berries
- 3/4 cup all purpose flour
- 3/4 cup whole wheat flour
- 1Tb baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt

### Directions:

- Beat **eggs**, **yogurt** and oil together until well blended.
- Stir in wheat berries.
- Mix together dry ingredients and stir into wet ingredients.
- Fill muffin tins 2/3 full and bake for 20 minutes.
- Test for doneness by inserting a clean toothpick into the middle of the muffin and pulling it out. If the toothpick comes out clean or with minimal crumbs, the muffins are done.

 Foods in **pink** can be purchased with WIC benefits  
 Traditional foods are underlined

Recipe from Lori Adkison, Tucson CSA

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## Nutritional Highlights:

- Wheat berries are an excellent source of fiber and plant-based protein.
- Foods that are high in fiber and plant-based protein help prevent and control diabetes and reduce the risk of heart disease.

