



## Healthy breakfasts in a hurry!

Recently, we have heard a lot about changing our diet to avoid heart disease and cancer. One recommendation, often repeated, is to increase the complex carbohydrates in our diet by increasing the whole wheat flours and grains we eat. A delicious way to do this is to substitute high protein muffins for an eggs-and-bacon type breakfast.

Since a microwave can bake six muffins in two or three minutes, you can have this healthy

breakfast in a hurry. Muffins baked in a microwave will be soft, moist, and tender, but will not brown. I think they are good, but not great! I cook them in the microwave when I'm in a hurry. However, I prefer the brown, crispier texture muffins get when I bake them in my range oven. I like to bake muffins ahead of time in my range oven, and freeze them. Then use the microwave to defrost and reheat them as needed for a meal or snack.

Defrost frozen muffins on high for 15 seconds per muffin then let them stand for a minute or two while you get the plates, etc. ready. Then warm them for another 10-15 seconds per muffin on high. Warming them in two steps lets the center thaw and warm without overcooking the edge. Cut and butter the muffins after the defrosting time if you want the butter melted.

If you are baking the muffins in the microwave, use a microsafe muffin pan, and line it with paper baking cups. The muffin pans with holes in the bottom let steam escape from around the paper. Muffin pans without holes can be used for baking or poaching eggs too. Remove the muffins from the pan as soon as they come out of the oven, and let stand and cool on a cake rack. If you don't, the muffins will get soggy around the sides from the condensed steam in the cups.

Here are two muffin recipes that I like. They make a fast, but healthy breakfast when combined with fresh fruit and milk or coffee, etc. Both recipes freeze and defrost well. Soyflour can be found

in healthfood stores, and adds to the protein value of baked goods when combined with wheat flour. Sift soyflour if it is lumpy. If you are not familiar with using molasses, look for the "unsulphured" kind, it is sweeter than the "blackstrap" variety.

### Quick Apple Muffins

2 cups Bisquick  
2 tablespoons sugar  
½ teaspoon cinnamon  
1 tablespoon wheat germ  
1 tablespoon soy flour  
2/3 cup milk  
1 egg  
1 cup chopped apple (1 large)  
Cinnamon sugar (2 tablespoons sugar, 1 teaspoon cinnamon) for topping, if desired

1. Combine dry ingredients in a mixing bowl. Beat egg into milk, and mix into dry ingredients just until moistened. Stir in apple.
2. To bake in a microwave: Line a microwave safe muffin pan with baking papers. Fill papers only ½ full, and sprinkle tops with cinnamon sugar. Bake six muffins at a time, on high for 2-2½ minutes, until the tops are almost dry.

Remove to a rack immediately to stand and cool for a minute or two before serving.

3. To bake in a range or convection oven: Preheat oven to 375° F. Grease metal muffin pans, or line with baking papers. Fill 2/3 full, and bake for 12 to 15 minutes until lightly browned on top.

It takes a while to mix up this bran muffin recipe, but the muffins are delicious and the batter can be stored in the refrigerator for up to 4 weeks without spoiling. Makes 12.

### Lani's Bran Muffins

1 cup water  
2½ cups All Bran cereal, separated  
1½ cups unbleached flour  
1 cup whole wheat flour  
½ cup wheat germ  
¼ cup soy flour  
½ cup sugar  
2½ teaspoons baking soda  
1 teaspoon salt  
2 cups buttermilk\*  
2 eggs  
½ cup corn oil  
½ cup molasses  
1 cup raisins, chopped dates, or nuts, optional

\* You may substitute "sour" milk in place of the buttermilk: put 2 tablespoons vinegar in a 2 cup measure cup and add regular milk to equal 2 cups.

1. Bring water to a boil (high for 3-4 minutes) in a small bowl or 2 cup measure. Stir in 1 cup All Bran cereal and set aside.

2. Mix the remaining bran cereal and the other dry ingredients together in a large bowl.

3. In a separate bowl combine milk, eggs, oil and molasses and beat until blended; stir in soaked bran cereal. Stir milk mixture into the dry ingredients, mixing well.

4. Refrigerate overnight before baking. If desired, stir in chopped raisins, dates, or nuts just before baking.

5. For microwave baking: (These muffins are better baked conventionally, but they can be baked in a microwave if necessary.) Fill muffin papers ½ full, and bake on high for 2½ to 3 minutes for 6 muffins, until the tops are almost dry.

6. For range or convection baking: Preheat oven to 400 degrees, and bake for 20 minutes.

Note: These times are for microwaves with 600-700 watts of power. If your oven has 500-600 W, add 10 seconds to each minute; for 400-500 W, add 20 seconds to each minute. Makes about 30.

If you have questions about any of Lani's recipes or about her column, you can write to her at Lancaster Farming, P.O. Box 366, Lititz, Pa. 17543.

Copyright 1984, Lani Bloomer

## Computer seminar set

LANCASTER — A mini computer seminar focused on consideration for purchase and usefulness for small business, home use and farm operations will be offered Nov. 24 from 8:45 a.m. to 12:15 at Lancaster Mennonite High School, 2176 Lincoln Highway East. There is a registration fee of \$6.00 payable at the time of registration.

The event will include an informational presentation by James Landis, special interest groups in three areas: home use, small business and farm operations, opportunity for questions/discussion, hands on experience with model computers, and a free brochure resource table.

The seminar is offered as a Continuing Education event. For more information call 898-6067.



# ANNOUNCING AUTOMATIC FARM SYSTEMS

Is Now The Dealer For

# Patz

## FEED AND MANURE HANDLING SYSTEMS

Formerly Distributed By  
TERRE HILL SILO COMPANY

We are setup to serve you with a full line of Patz equipment and have a large inventory of parts in stock.

Our service men have several years experience working with Patz equipment, in both installation and repairs.

We are anxious to work with all Patz equipment users and future prospects.

Stop by or call us today!

**Patz**  
Performance  
Strong as Steel

### THE PATZ SOLUTION:



Patz Gutter Cleaner

### Rugged, Dependable Gutter Cleaners

Patz makes gutter cleaners you can depend on year after year. The proven one-piece forged steel hook-and-eye link lets you adjust chain length or replace links and flites by hand, without tools. And steel flites feature wear shoes that withstand rugged wear.

Thinking of stacking manure? Consider a Patz Tripod Supported Stacker or a Swinging Slide Stacker. One motor and reducer run both the gutter cleaner and the stacker for economical operation.

See us today for more information on the Patz way to more reliable gutter cleaner performance.



The RD-820 Ring-Drive Unloader

### Reliable Feeding

Patz silo unloaders help you feed on schedule all year round. Both the Model RD 820 ring drive unloader and Model 988 surface drive unloader feature a double hook gathering chain with hardened steel cutters and claws that cut through frozen and packed silage to deliver a steady flow of silage day after day.

- Spring tensioned power cutter keeps silo walls free of silage buildup
- Preset depth of cut control makes feeding truly automatic

See us today for details on how Patz silo unloaders take the chore out of feeding time



automatic farm systems

608 Evergreen Road  
Lebanon, PA 17042  
(717) 274-5333

