

## Nutrition Activities

### Beetle Muffins

2	Egg Whites	1/3 Cup	Brown sugar, packed
1 ¼ Cups	Milk 2%	2 tsp.	Baking powder
½ Cup	Applesauce	½ tsp	Baking Soda
1 Cup	Whole wheat flour	½ tsp.	Nutmeg
2 Cups	100% bran cereal	72	Raisins (your pretend beetles)

- 1) Preheat the oven to 400°
- 2) In a large bowl, separate the yolks from the egg whites and mix the egg whites, milk, and applesauce together.
- 3) Add the flour, bran cereal, brown sugar, baking powder, baking soda, and spices. Stir with a wooden spoon until you just have small lumps left.
- 4) Place paper liners in muffin tins and fill to 2/3 full with batter.
- 5) Push 3 raisins into the center of each muffin. Put 3 more around the top of each muffin.
- 6) Bake until the muffins are slightly brown. This takes about 20 minutes.