

3-Grain Muffins

Naturally sweet with multigrain and malty goodness

Ingredients	Volume	Grams	Percent
Insta Grains® 3-Grain Flake Blend	3/4 cup	84	9.9
Whole Wheat Flour	3/4 cup	95	11.2
All Purpose Flour	3/4 cup	95	11.2
Baking Powder	2 tsp	8.5	1.0
Baking Soda	1 1/2 tsp	8.2	1.0
Cinnamon	1/2 tsp	1.5	0.2
Nutmeg	1/4 tsp	0.4	0.0
Ginger	1/4 tsp	0.6	0.1
Salt	3/4 tsp	4.5	0.5
BriesSweet™			
White Grain Sorghum Extract 60DE	2/3 cup	236	27.7
Buttermilk	1/2 cup	112	13.2
Canola Oil	1/2 cup	92	10.8
Eggs	2 large	114	13.4

Method

1. Preheat oven 400°F.
2. Prepare muffin tins by lightly greasing or lining with papers.
3. Combine all dry ingredients in large mixing bowl.
4. In separate bowl combine wet ingredients and mix until completely combined.
5. Stir wet ingredients into dry ingredients and stir just till completely incorporated.
6. Fill each muffin tin 3/4 full.
7. Bake 15-20 minutes.



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