

Briess Blueberry Muffins

InnoSweet™ reduces 'added sugars' on the label while adding 'whole grains'

Ingredients	Volume	Grams	Percent	Bakers Percent
Biscuit/Baking Mix	2 cups	315	37.6	100
Insta Grains® Malted Wheat Flakes	3 tbsp	20	2.2	6
Water	1 tbsp	12	1.4	4
Sugar	1/4 cup	60	7.2	19
InnoSweet™ Sprouted Whole Wheat Powder	1/4 cup	60	7.2	19
Egg	1 large	50	6.0	16
Sour Cream	1 cup	230	27.5	73
Blueberries, Fresh	1 cup	160	19.1	51

Optional Topping	Volume	Grams
Lemon Zest	2 tsp	3
Sugar	1 tbsp	12
Insta Grains® Malted Wheat Flakes	1 tbsp	6



Method

1. Preheat oven to 400° F.
2. Prepare muffin tins by lightly greasing or use paper liners.
3. Combine biscuit mix, Malted Wheat Flakes, sugar and InnoSweet™.
4. In separate bowl, whisk together egg, water and sour cream..
5. Combine dry ingredients and wet ingredients; stir just until moistened.
6. Gently fold in blueberries.
7. Fill muffin tins 3/4 full. If desired, top with optional topping mix.
8. Bake 20 minutes or until a toothpick comes out clean.
9. Cool 5 minutes. Remove from tins and cool completely on wire rack.

** if using frozen blueberries, do not thaw as this will discolor the batter.*

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