

## Barley Muffins

### Ingredients:

1 c. wheat flour  
1 c. barley flour  
3 tsp. baking powder  
½ tsp. salt  
½ c. sugar  
1 egg  
1 c. milk  
¼ c. oil

### Add-ins:

Nuts: hazelnuts, almonds, walnuts (about 2/3 c.)

Berries: dried cranberries, blueberries (dried or fresh), currants (about 2/3 c.)

Chocolate chips (about 2/3 c.)

Bake for 20-25 min. at 375°F