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**[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

Whole Wheat Raspberry Muffins

By News Canada

Whole Wheat Raspberry Muffins

by: **News Canada**

1 cup (250 ml) Five Roses Whole Wheat Flour

1 cup (250 ml) Five Roses All Purpose Never Bleached Flour or White, or with Wheat Bran

1 tbsp. (15 ml) baking powder

1/2 tsp. (2 ml) salt

1 egg, lightly beaten

1/2 cup (125 ml) liquid buckwheat honey

1/4 cup (50 ml) corn oil

3/4 cup (200 ml) milk (2% M.F.)

1 1/2 cups (375 ml) fresh or unsweetened frozen raspberries patted dry and/or well drained

For "free" recipes call Five Roses at 1-800-561-3455 or visit

www.fiveroses.ca

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– News Canada

News Canada

Whole Wheat Raspberry Muffins

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Oatmeal-Apple-Raisin Muffins

By LeAnn R. Ralph

1/2 cup raisins 1/2 cup chopped walnuts (optional)

<http://ruralroute2.com>

bigpines@ruralroute2.com

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