

# Cowboy Muffins

## Ingredients

- 2/3 cup all-purpose flour
- 2/3 cup whole wheat flour
- 1 cup granulated sugar
- 1/2 tsp kosher salt
- 1/2 cup margarine
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 3/4 cup buttermilk, low fat
- 1 large egg

## Notes

**Number of Portions:** 16

**Serving Size:** 1 each

**Nutrition Facts:** 145 calories,  
6.26 g fat, 1.28 g saturated fat,  
155 mg sodium, 21.02 g  
carbohydrate, 0.73 g fiber, 13.2  
g sugar, 1.99 g protein

## Directions

1. In a mixer or with a hand mixer, blend flours, sugar, salt, and margarine until it makes a crumb mixture.
2. Remove 1/4 cup for each pan and set aside for now.
3. In a smaller bowl, mix together baking powder, baking soda, cinnamon, and nutmeg. Then add the flour mixture.
4. Add buttermilk and eggs and mix until smooth.
5. Fill each muffin tin spot 2/3 of the way with mixture. Sprinkle crumb topping on each muffin and bake in a 350°F oven for 20 minutes.