



English Muffins

- 1 2/3 cup 1% milk
- 2 1/2 tablespoons butter
- 1 package active dry yeast
- 1 heaping tablespoon granulated sugar
- 1/3 cup warm water
- 1 large egg
- 2 teaspoons salt
- 1 tablespoon cider vinegar
- 5 cups unbleached flour
- Cornmeal *or* bread crumbs

1. Scald the milk with the butter and then allow to cool to about 100 degree's.
2. In a large mixing bowl, combine the yeast, water, and sugar. Allow to sit for about 10 minutes.
3. Combine the milk mixture with the yeast mixture.
4. Add the egg, and cider vinegar, along with half the flour and mix together. Add the salt and remaining flour and mix well. The mixture will be sticky.
5. Cover and allow to rise in draft-free area for about 1 hour.
6. Dust work surface with cornmeal and roll dough out to about 3/4 inch thick. Sprinkle dough with cornmeal to keep in manageable. Cut into 3 1/2 inch rounds with a cookie cutter.
7. Place newly formed muffins onto a lightly sprayed baking sheet. Lightly cover with a lint free cloth. Allow muffins to double in size.
8. Heat a griddle or skillet over medium-low heat. Place the muffins on the griddle and cook for approximately 7 minutes on each side or until golden brown. You may need to adjust skillet heat.
9. Transfer muffins to a cooling rack and allow to cool.
10. Serve and Enjoy!!!

Makes about 16 muffins

Nutrition Facts

Serving Size: One Muffin

Calories	180
Total Fat	3g
Saturated Fat	1.5g
Cholesterol	20mg
Sodium	320mg
Carbohydrates	33g
Dietary Fiber	1g
Sugars	2g
Protein	6g

Diabetic Exchanges

Protein	1
Fat	1
Carbohydrates	2

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