

# Hemp Muffins

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## *Ingredients*

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**1 ½ C All purpose flour**  
**¾ C Hemp meal**  
**2 Large eggs**  
**6 T Butter**  
**¼ C Vegetable oil**  
**1/3 C Sugar**  
**1 C Whole milk**  
**1 T Vanilla**  
**1 T Baking powder**  
**1 t salt**  
**½ C Hemp hearts (optional)**

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## *Directions*

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- 1. Preheat oven to 350 °F**
- 2. Prepare muffin tins by greasing with butter or lining with muffin cups**
- 3. Toast hemp hearts in dry pan on stove top or on baking sheet in the oven – stirring regularly until light golden brown (optional)**
- 4. Measure flour, hemp meal, sugar, baking powder, and salt into a large bowl**
- 5. Whisk or stir well with a fork to break up any lumps until dry ingredients are well incorporated**
- 6. Melt butter and set aside to cool slightly**
- 7. Crack eggs into milk and whisk well until mixed**
- 8. Add eggs, milk, oil, melted butter and vanilla into bowl with dry ingredients**
- 9. Mix well until the mixture is smooth and free from lumps**
- 10. Mixture will thicken as it sits**
- 11. Scoop muffin mixture into muffin cups, filling nearly to the top**
- 12. Top each muffin with toasted hemp hearts (optional)**
- 13. Bake at 350 °F for 15-18 minutes or until a toothpick inserted into the muffins comes out clean**
- 14. Makes approximately 12 medium sized muffins**

\*Suggested hemp meal – Hemp Yeah Max Fiber, Navitas Organic Hemp Powder, Nature's Way Hemp Protein & Fiber Powder, or others.

\*\*Add nuts, blueberries, apples, or cinnamon for extra flavor

\*\*\*Recipe created by the Department of Food Science at Purdue University, West Lafayette, IN