

Pro-Nutro Puffs

Servings: 8

Prep Time: 10min

Cook Time: 25min



Ingredients

- 480 g cake flour (4 Cups)
- 20 ml baking powder
- 500 ml ProNutra whole-wheat cereal
- 5 ml salt
- 100 ml canola oil
- 4 large eggs, lightly beaten
- 500 ml milk
- 250 ml water

Directions

1. Preheat oven to 180°C and grease 2 giant muffin pans.
2. Measure all the ingredients into a 3 litre mixing bowl.
3. Blend together using a wooden spoon. Do not over-mix.
4. Spoon mixture into prepared pans and bake for 25 minutes.