



**Nora Mill Granary**  
7107 South Main Street  
Helen, GA 30545

706-878-2375  
noramill.com

## Banana Nut Muffins

1½ Cups Nora Mill Whole Wheat Pastry Flour	½ tsp. salt
1 Cup Nora Mill Wheat Germ	1 Cup mashed banana
½ Cup brown sugar	½ Cup milk
3 tsp. baking powder	¼ Cup vegetable oil
	2 eggs, beaten
	¼ Cup chopped pecans

Mix first 5 ingredients together in a small bowl. In a separate larger bowl, mix remaining ingredients. Add dry ingredients to wet mixture and stir just until all ingredients are moistened. Spoon batter evenly into well-greased muffin tins. Bake 20 – 25 minutes at 375° F, or until cooked through, being careful not to overcook.

*Makes 12 muffins.*

## Yummy Squares

4 eggs	2½ Cups Nora Mill Wheat Germ
2 tsp. vanilla	2 Cups brown sugar
1 T. butter, melted	2 T. cocoa powder
1 Cup pecans or walnuts, chopped (optional)	½ tsp. salt

Add eggs to mixing bowl and beat well. Gradually add sugar and mix until smooth. Mixture will be very thick. Dissolve the cocoa powder in the melted butter and stir into egg mixture. Add wheat germ, salt, vanilla and nuts (if using). Pour into well-greased 13x9 cake pan and bake at 375° F for 20 – 25 minutes. Cool in pan and cut into squares when still slightly warm.

**To maintain the flavor  
and nutritive qualities of whole  
grains, they should be kept  
in airtight containers in the  
refrigerator or freezer.**

