



Nora Mill Granary
 7107 South Main Street
 Helen, GA 30545

706-878-2375
 noramill.com

Nora Mill 100% Wheat Germ

Banana Nut Muffins • Yummy Squares

**100% Pure
 Wheat Germ**

Nora Mill Wheat Germ is the "heart" or sprouting section of the wheat kernel. Can be added to all ground beef, pancake or waffle recipes. Sprinkle a few tablespoons on whatever you are cooking to enhance the flavor and provide extra nutrition. Our raw wheat germ contains no preservatives or additives.

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Write us at info@noramill.com
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Banana Nut Muffins

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

