

## Whole Wheat English Muffins



**PREP TIME 20 Min**  
**COOK TIME 20 Min**  
**READY IN 40 Min**  
**SERVINGS - 10**

### **INGREDIENTS**

- \* 1 (.25 ounce) package active dry yeast
- \* 3 tablespoons sugar, divided
- \* 1/4 cup warm water (105 degrees to 115 degrees)
- \* 1 cup milk, scalded
- \* 3 tablespoons butter or margarine
- \* 3/4 teaspoon salt
- \* 1 cup whole wheat flour
- \* 3 cups all-purpose flour, divided
- \* 1 egg, beaten
- \* Cornmeal

### **DIRECTIONS**

- 1.** Dissolve yeast and 1 tablespoon sugar in water. Set aside. In a mixing bowl, combine milk, butter, salt, whole wheat flour and 1 cup all-purpose flour. Beat well with an electric mixer. Add egg and yeast mixture; beat until smooth. By hand, stir in enough remaining all-purpose flour to make a soft dough.
- 2.** Knead on a lightly floured surface until smooth and elastic, about 6-8 minutes.
- 3.** Place in a greased bowl; cover and let rise in a warm place until doubled, about 1 hour.
- 4.** Punch dough down. Place on floured surface. Roll to 1/2-in. thickness. Cut into 4-in. circles. Allow to rise until doubled.

**5.** Lightly sprinkle an electric fry pan or griddle with cornmeal. Bake over low heat for 10 minutes until nicely browned. Turn and bake 10 minutes longer. Cool. Store in the refrigerator. To serve, split with a fork and toast.

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