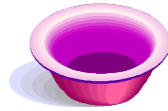


Muffins

You will need:



muffin mix
(adults, see recipe
on last page)



bowl



spoon



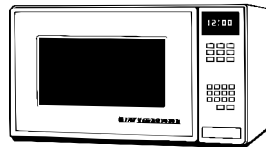
water



paper cup



oil



microwave



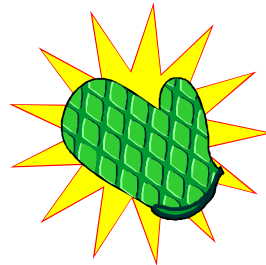
Tablespoon



½ Tablespoon



teaspoon



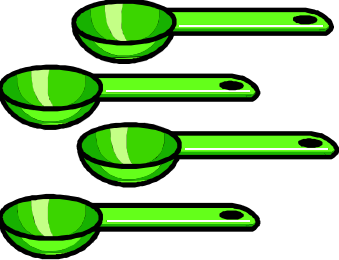

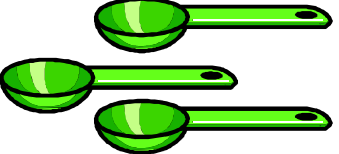



oven mitt or
glove





Muffin



Put into your  bowl

4		Tablespoons muffin mix 
3		1/2 Tablespoons water 
1		teaspoon of oil 

Stir  and pour  into a paper cup.

Put into  microwave.

Cook for 45 seconds.

Use a glove to take muffin out of microwave. It will be hot.

