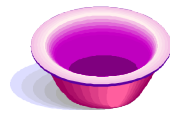


Muffins

You will need:



muffin mix
(adults, see recipe
on last page)



bowl



spoon



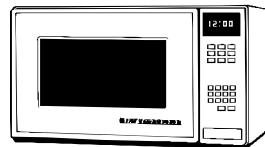
water



paper cup



oil



microwave



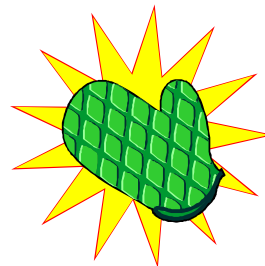
Tablespoon



½ Tablespoon



teaspoon



oven mitt or
glove



Muffin



Put into a bowl:

4 Tablespoons muffin mix
3 half-Tablespoons water
1 teaspoon oil

Stir.

Pour into a paper cup.

Put into the microwave.

Cook for 45 seconds.

Use oven mitts or gloves to take the muffin out of the microwave. It will be hot.