

# One Egg Muffins

Towards the end of World War 1, the Canadian government created the Canada Food Board to increase agriculture productivity and to promote frugality on the home front. As a large number of food items, such as flour, sugar, eggs, meat and fats, were being sent to Europe to feed the troops and civilians in France and Britain, it was illegal to hoard such items. This made baking difficult and people had to create recipes that reduced the number of items they used thus the popularity of one egg muffins.

1 & 3/4 cups flour

3 teaspoons baking powder

1/2 teaspoon salt

1 & 1/2 teaspoons sugar

1 small egg

3/4 cup milk

1 & 1/2 tablespoons butter

Sift together the dry ingredients. Beat a small egg thoroughly. Add it gradually with 3/4 cup milk to the dry ingredients and beat hard. At the last moment add 1 and 1/2 tablespoons melted butter. Drop the batter into greased hot cast-iron gem pans or a muffin tin and bake in hot oven (400 F or 205 C) for approximately 25 minutes.