

DATE GEMS

3 tablespoonfuls butter substitute
1 large egg
 $\frac{1}{4}$ cup Borden's Eagle Brand Condensed Milk
 $\frac{3}{4}$ cup water

1 cup whole wheat flour
1 cup flour
 $\frac{1}{2}$ teaspoonful salt
4 teaspoonfuls baking powder
1 cup dates, cut small

Cream butter substitute, add beaten egg, milk and water. Sift in the flour, salt and baking powder. Beat well, stir in the dates, and pour into greased pans. Bake in hot oven. Yield, 8 muffins.

