

◆ Cheese Muffins

Yield: 12 muffins

Ingredients

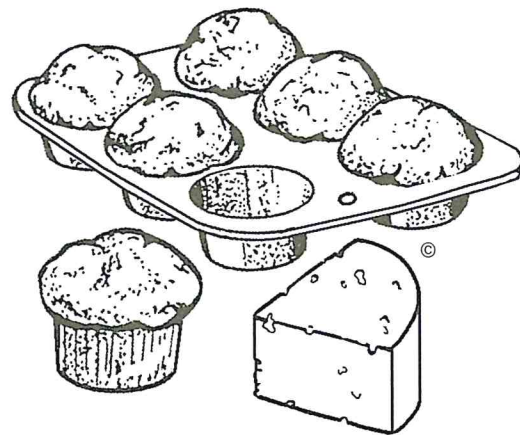
2 cups flour
 1 tablespoon baking powder
 1 tablespoon sugar
 1/2 teaspoon salt
 1 teaspoon powdered mustard
 1/2 teaspoon garlic powder
 1 egg, slightly beaten
 1 cup milk
 1/4 cup oil
 1/2 cup shredded cheddar cheese

Equipment

Muffin pan
 Baking cup liners, optional
 Nonstick cooking spray
 Flour sifter
 Mixing bowls, large and small
 Measuring spoons
 Measuring cups
 Mixing spoon
 Rubber scraper

Order of Work

1. Preheat oven to 375 degrees F. Lightly coat muffin pan with nonstick cooking spray or place a baking liner in each muffin cup.
2. Place flour sifter in mixing bowl. Measure flour and pour into sifter. Add baking powder, sugar, salt, mustard, and garlic powder to the flour in the sifter. Sift together into the mixing bowl.
3. Combine slightly beaten egg, milk, and vegetable oil in the small mixing bowl.
4. Add liquid ingredients to dry ingredients. Stir together until dry ingredients are just moist, but the batter is still lumpy. Stir in shredded cheese.
5. Fill muffin cups 1/2 full.
6. Bake for 20 minutes. Remove from oven. Best when served slightly warm.



Nutrition Facts per Muffin: 157 calories, 7 g fat, 278 mg sodium, 18 g carbohydrate, 1 g fiber, 4 g protein, 86 mg calcium.

Variation

With Bacon — Cook 6 slices bacon. Crumble into small pieces. Add to muffin batter along with shredded cheese.

Nutrition Facts per Muffin: 208 calories, 13 g fat, 372 mg sodium, 18 g carbohydrate, 1 g fiber, 6 g protein, 86 mg calcium.

