

BACON AND CHEESE MUFFINS



By Food lovers recipes

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INGREDIENTS:

2 cups white whole wheat flour (or substitute all-purpose flour)

2 Tea spoons baking powder

1 1/2 teaspoon salt

2 tablespoons sugar

1/2 teaspoon ground black pepper

1/2 teaspoon garlic powder

1/4 teaspoon cayenne pepper

1 2/3 cup milk

2 eggs

1/3 cup olive oil (or vegetable oil)

8 ounces ham, diced (about 1 1/3 cup diced)

4 ounces cheddar cheese (or monterey jack, provolone, or havarti), shredded (about 1 1/2 cups shredded)

DIRECTIONS:

Preheat oven to 350-degrees F.

Prepare a muffin pan for 18 muffins with cooking spray or grease with butter.

In a large bowl, whisk together dry ingredients: flour, baking powder, salt, sugar, cayenne pepper, ground black pepper. Set aside.

In a separate bowl whisk together milk, eggs, and oil.
Add wet ingredients into dry and mix until just combined. Do not over mix.
Stir in ham, and cheese until just incorporated.
Distribute batter evenly into 18 muffin cups, and bake at 350-degrees F for 30 minutes, or until a cake tester or toothpick comes out clean
Source: Amy Johnson
Foto: Nikki Coetzee