



## BREAKFAST IN A MUFFIN

The title says it all. Perfect for weekend brunch or a meal in itself, this muffin is delicious to eat right after baking, or it serves as a tasty, grab-and-go snack after being frozen and reheated.

PREP TIME	COOK TIME	TOTAL TIME	SERVES
15 MIN	25 MIN	40 MIN	6 PEOPLE

### INGREDIENTS & INSTRUCTIONS

- 2 cups Frick's ham, diced
- 1-1/2 cups sharp yellow cheddar cheese, shredded
- 1/4 cup canola oil
- 1/4 tsp. salt
- 1/3 cup sugar
- 1 cup all purpose flour
- 1 Tbsp. baking powder
- 1 egg, large
- 1 cup flour, whole wheat
- 1 tsp. lemon juice
- 1 cup milk

#### STEP 1

Preheat the oven to 400°F. Prepare a 12 cup muffin tin with non-stick cooking oil spray or use paper muffin liners.

#### STEP 2

In a large bowl combine the flours, sugar, baking powder, and salt; mix thoroughly.

#### STEP 3

Beat the egg, lemon juice, oil and milk together in a small bowl. Add to the dry ingredients and stir just until the flour is moistened. Fold in the ham and 1 cup of cheese.

#### STEP 4

Divide the batter among the muffin cups; each will be about 2/3 full. Sprinkle the remaining cheddar cheese over the top.

#### STEP 5

Bake for about 25 minutes, or until a tooth pick poked through the center of a muffin comes out clean. Remove the muffins from the pan immediately to avoid sticking and place on a cooling rack.