

Cheddar N Ham Muffins

Recipe created by Get 3! subscriber Carolann Kline of Oklahoma

Makes 9 muffins

Prep time: 5 minutes

Cook time: 15 minutes

3/4 cup lowfat sharp Cheddar cheese
1/4 cup fresh grated Parmesan cheese
1 3/4 cup reduced fat all-purpose baking mix
1 cup lowfat skim milk
1/2 tsp black pepper
1/4 cup lowfat ham, finely chopped

Mix cheeses, milk and baking mix together; add pepper and ham. Mix well and spoon into lined muffin pans 1/2 full. Bake in preheated 400 degree oven 12-15 minutes or until golden brown.

Nutritional Facts for individual food recipe:

Calories: 140

Fat: 4 g

Saturated Fat: 2 g

Cholesterol: 10 mg

Sodium: 470 mg

Calcium: 20% Daily Value

Protein: 8 g

Carbohydrates: 18 g

Dietary Fiber: 0 g