



French Breakfast Muffins

Prep time: 20 minutes

Cook time: 15 minutes

Makes 24 mini-muffins, serving: 2-3 muffins

Why we like them: versatile base muffin, freezer, kid, and travel friendly, reheat well, bulk prep

Ingredients:

- 1.5 cups flour (can use all wheat, or oatmeal, or wheat germ!)
- 1.5 cups wheat flour
- ½ cup sugar (any kind)
- 3 tsp baking powder
- ½ tsp nutmeg
- ¼ tsp salt
- 2 eggs, beaten
- 1 cups milk (any kind)
- ¾ cup melted butter (any kind, could also use coconut oil)

Optional Topping

- ¼ cup sugar
- 1 tsp cinnamon
- ¼ cup butter

Optional Add-ins

Flaxseed, pumpkin puree, mashed bananas, spices, chocolate chips, pecans, the sky is the limit!

Instructions:

1. Preheat oven to 350 degrees.
2. Combine dry ingredients, including any dry add-ins you choose
3. Combine wet ingredients, including any wet add-ins you choose
4. Form a well in the dry ingredients and pour in the wet ingredients
5. Stir until moistened, do not over mix
6. Spoon into prepared muffin tins
7. Bake at 350 degrees for 10-15 minutes
8. Top with butter and dust with cinnamon/sugar
9. Enjoy immediately or freeze! These reheat well, just pop them in the microwave for 30 seconds to a minute

Contact us at employeewellness@harrishealth.org; 713-566-6686

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