

# Ham and U.S. Cheddar Muffins

U.S. Cheddar makes these savory muffins delicious for breakfast and midday breaks as well.



## INGREDIENTS

(Makes 24 Biscuits)

Flour, all purpose	640g
Baking Powder	30g
Salt	10g
Eggs, large	4
<b>U.S. Whole Milk</b>	<b>500ml</b>
Vegetable Oil	200ml
Ham or Turkey Ham, diced	300g
<b>U.S. Cheddar, diced</b>	<b>300g</b>
Thyme, fresh, minced	4g
Rosemary, fresh, minced (more whole for garish)	2g

## NUTRITIONAL CONTENT

Per 100g

<b>Calories</b>	294kcal
<b>Total Fat</b>	17g
Saturated Fat	5g
Trans Fat	0g
Cholesterol	60mg
<b>Total Carbohydrates</b>	25g
Dietary Fiber	1g
Sugars	1g
<b>Protein</b>	11g
Calcium	220mg
Magnesium	15mg
Phosphorus	182mg
Potassium	172mg
Sodium	612mg
Iron	2mg
Vitamin A	246IU
Vitamin C	0mg

## PREPARATION

1. **Preheat oven to 180°C (450°F)**
2. **In a large bowl with a whisk, mix together the flour, baking powder, and salt.**
3. **In a separate bowl, whisk the eggs until lightly beaten.**
4. **Blend the milk and vegetable oil into the eggs.**
5. **Add remaining ingredients to the egg mixture.**
6. **Pour wet ingredients into dry and, using a rubber spatula, gently mix until just incorporated. Do not over mix, some small lumps are fine.**
7. **Spoon into muffin tins, top with rosemary garnish, and bake for 20-25 minutes. Test for doneness with a wooden toothpick inserted into a muffin that comes out clean.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSADairy.org](http://ThinkUSADairy.org), including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.