



Savory Breakfast Muffins

Yield 6 servings (2 muffins per serving)

Ingredients

- 1 pound chopped chicken meatballs
- 1 cup baking mix (or pancake mix)
- ½ cup milk
- 1 cup shredded cheese (such as cheddar, jack or mozzarella), optional
- 4 eggs

Equipment

- Muffin pan
- Paper muffin cup liners

Directions

1. Preheat oven to 350 degrees. Line the muffin pan with the muffin cup liners.
2. In a mixing bowl, mix together the chopped chicken meatballs, baking mix, milk, cheese and eggs until just combined.
3. Fill each muffin cup with the mixture 2/3 full. Bake for 25-30 minutes. Muffins should be puffed and golden brown and a toothpick inserted into the middle should come out clean.
4. Cool the muffins completely then store in air tight freezer bags. To reheat, microwave on high for 1 and a ½ minutes or until hot in the center.

CHANGE IT UP: Make this vegetarian by substituting the meat with a cup of sautéed veggies such as tomatoes, peppers, onions or zucchini.