

ham, cheese & spinach **muffins**

2 eggs 1½ cups milk 2 cups flour 1 teaspoon baking powder 1 cup chopped ham ½ cup shredded cheese 1 cup chopped fresh spinach

- 1. Mix the eggs and milk together with a fork. Stir in the flour, baking powder, ham, cheese and spinach.
- Spray a muffin pan with a nonstick cooking spray.
 Spoon the batter into the muffin pan, filling each ¾ full.
- Bake in a 375° oven for 20 to 25 minutes.
 Makes 12 muffins



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