



## ham, cheese & spinach muffins

2 eggs  
1 ½ 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.
2. Spray a muffin pan with a nonstick cooking spray. Spoon the batter into the muffin pan, filling each ¾ full.
3. Bake in a 375° oven for 20 to 25 minutes.

*Makes 12 muffins*



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