

## 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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## muffins de jamón, queso y espinaca

2 huevos  
1 ½ tazas de leche  
2 tazas de harina  
1 cucharadita de  
polvo de hornear  
1 taza de jamón picado  
½ taza de queso  
cheddar rallado  
1 taza de espinaca  
fresca cortada

1. Mezcle los huevos y la leche con un tenedor. Incorpore la harina, la levadura en polvo, el polvo de ajo, jamón, queso y la espinaca.
2. Rocíe una placa de muffins para horno con antiadherente en spray. Coloque la mezcla en la placa de muffins y llene ¾ de cada hueco.
3. Hornee a 375° entre 20 y 25 minutos.

*Rinde 12 muffins*



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