Bacon and Cheese Breakfast Muffins

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Ingredients:
1 cup whole-wheat flour
½ cup all-purpose flour
4 teaspoons baking powder
½ teaspoon salt
1 ½ cups All-Bran Extra-Fiber cereal
1 ½ cups skim milk
3 egg whites
3 tablespoons vegetable oil
1 cup diced scallions
4 slices Canadian bacon (approximately 4 oz.)
½ cup grated low-fat Cheddar cheese
½ cup finely diced red bell pepper

Directions:
1. Stir together flours, baking powder, and salt.
2. In a separate large mixing bowl, combine All-Bran cereal with milk. Let stand 2 minutes until the cereal is softened. Add egg whites and oil; beat well. Add the remaining ingredients and stir to combine.
3. Add the flour mixture, stirring only until combined. Portion the batter evenly into twelve lined muffin pan cups.
4. Bake at 400 degree F for about 18 to 20 minutes until golden brown.

YIELD: 12 Muffins
Nutritional information per muffin:
Calories: 141
Protein: 8g
Carbohydrates: 21g
Total Fat: 5g
Saturated Fat: 8g
Fiber: 6g