

Cheese Muffins

Preparation time	15 minutes
Cooking time	32 minutes
Servings	12
Cost per serving	55¢
Storage	3 days in the fridge. Can be frozen.

Kitchen tools **Measuring cups and spoons, muffin tin, paper muffin cup liners (or oil), 2 large bowls, spoon, whisk, fork, spoon.**



Ingredients



375 ml (1½ cups)
whole wheat flour



125 ml (½ cup)
quick cooking rolled oats



5 ml (1 tsp)
baking powder



1 ml (¼ tsp)
baking soda



60 ml (¼ cup)
canola oil



30 ml (2 tbsp)
brown sugar



2 eggs



125 ml (½ cup)
milk

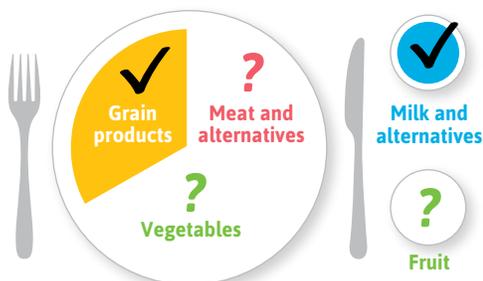


125 ml (½ cup)
unsweetened applesauce



375 ml (1½ cup) grated **cheddar cheese** (divided: 250 ml [1 cup] + 125 ml [½ cup])

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Balanced plate

✓ One serving of this side dish is a tasty way to add a portion of grain products to your menu.

Directions

1	Place oven rack in the middle position and preheat the oven to 180°C (350°F). Oil a muffin tin or place paper liners in the tin.	 
2	In a large bowl, combine the flour, rolled oats, baking powder and baking soda . Set aside.	
3	In another bowl, add the canola oil, brown sugar and eggs . Mix with a whisk (or a fork) for 4 to 5 minutes, or until the mixture is thick and creamy.	
4	Add the dry ingredients , just a little at a time, mixing with a fork.	
5	Add the milk, apple sauce and 1 cup of cheddar cheese . Mix again.	
6	Using a spoon, divide the mixture evenly among the 12 muffin cups. Sprinkle the remaining cheddar cheese over the muffins.	 
7	Bake for about 30 minutes, or until a toothpick inserted in the centre of a muffin comes out clean.	
8	Set the oven to broil and cook for 1 to 2 minutes until the cheese has browned slightly.	

My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition