

Ham & Cheese Confetti Muffins

Makes
12 muffins

Prep time
15 minutes

Cook time
20 minutes

Good source of
Protein
Calcium

Ingredients:

- ½ small carrot
- ½ red bell pepper
- 1 cup fresh spinach
- 2 cups all-purpose flour
- 1 Tbsp. sugar
- 1 Tbsp. baking powder
- 1 tsp. salt
- 2 large eggs, beaten
- 1 cup non-fat or low-fat milk
- ¼ cup canola or vegetable oil
- 1 cup shredded cheese (i.e. cheddar, mozzarella)
- ½ cup diced ham (about 6 deli slices)

Nutrition Facts

12 servings per container
Serving size 1 muffin (81g)

Amount per serving
Calories 180

% Daily Value*

Total Fat 9g 12%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 290mg 13%

Total Carbohydrate 18g 7%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 1g Added Sugars 2%

Protein 8g

Vitamin D 0mcg 0%

Calcium 162mg 10%

Iron 1mg 6%

Potassium 293mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

Ham & Cheese Confetti Muffins

Directions:

1. Preheat oven to 400°F. Line a 12-cup muffin pan with paper cups and set aside.
2. Mince the carrot, red bell pepper, and spinach into finely chopped pieces. Set aside.
3. In a bowl, combine flour, sugar, baking powder, and salt.
4. In a separate bowl, combine egg, milk, and oil. Add minced veggies and combine well.
5. Add wet veggie mix to dry ingredients. Combine well with spatula or spoon. Do not overmix.
6. Once combined, fold in cheese and ham.
7. Spoon batter into muffin cups, filling them about ¾ of the way.
8. Bake for 15-18 minutes, or until a toothpick inserted into the center comes out clean.
9. Remove from pan. Cool and serve.

