

BACON AND CHEESE BREAKFAST MUFFIN

Lower Sodium

Serves: 8 (Serving = 1 muffin)

Nutrition (per serving)

Calories: 230

Total Fat: 12 g

Saturated Fat: 4 g

Sodium: 230 mg

Total Carbohydrate: 21 g

Dietary Fiber: 1 g

Total Sugars: 2 g

Protein: 10 g



Ingredients

- Cooking spray
- 8 slices of turkey bacon, diced
- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 2/3 cup 1% milk
- 1/2 teaspoon white vinegar
- 2/3 cup non-fat, plain Greek yogurt
- 3 Tablespoons vegetable oil
- 1 large egg
- 1 cup finely sliced green onions
- 3/4 cup shredded cheddar cheese



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Directions

1. Preheat oven to 350 degrees F. Spray muffin tins with cooking spray.
2. Heat a non-stick pan over medium-high heat. Add bacon and fry until lightly browned. Remove and place on a paper towel to drain the fat. Then set aside,
3. In a large bowl, mix together flour, baking powder and baking soda.
4. In a small bowl whisk together milk, vinegar, yogurt, vegetable oil, and egg. Pour the wet ingredients into the dry ingredients and mix until flour is almost incorporated. (Limit to 8 stirs, overmixing will make muffins hard.)
5. Add green onion, bacon and cheese to mixture. (Stir 5 times.)
6. Fill muffin tins to the top.
7. Bake for 25 minutes or until golden brown.
8. Remove from oven and allow to rest for 5 minutes before turning out onto a cooling rack. Best served warm.



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