

Bread-French Breakfast Puffs

1 ½ cups all purpose flour
½ cup sugar
1 ½ teaspoons baking powder
¼ teaspoon ground nutmeg
1/8 teaspoon salt
1 egg
½ cup milk
1/3 cup butter or margarine, melted
¼ cup sugar
½ teaspoon ground cinnamon
¼ cup butter or margarine, melted

In a mixing bowl combine flour, the ½ cup sugar, baking powder, nutmeg, and salt. Make a well in the center of the dry ingredients.

In another bowl beat egg slightly; stir in milk and 1/3 cup melted butter or margarine. Add egg mixture to flour mixture. Stir just till moistened (the batter may be lumpy). Lightly grease muffin cups. Fill cups about two thirds full with batter. Bake in a 350 degree oven for 20–25 minutes or till muffins are golden.

Meanwhile, in a shallow bowl combine the ¼ cup sugar and cinnamon. Immediately dip tops of hot muffins into the ¼ cup melted butter or margarine, then into the cinnamon sugar mixture till coated. Serve warm. Makes 12.

Per serving: 191 calories, 10g total fat (6 g sat fat) , 42 mg cholesterol, 169 mg sodium, 24 g carbohydrates, 0 g fiber, and 2 g protein.