

# Floo's RECIPE

Ham and Cheddar Corn Muffins

Liz Dunn

*Title*

*From the Kitchen of*

25-30 minutes

*Prep Time*

*Cook Time*

*Serves*

## INGREDIENTS

3 cups flour

1 cup cornmeal

$\frac{3}{4}$  cup sugar

2 tbsp baking powder

2 tsp nutmeg

2 tsp salt

1 cup milk

$\frac{1}{2}$  cup buttermilk

2 eggs

2 sticks butter, melted

$\frac{1}{2}$  pound cheddar, grated

$\frac{1}{3}$  ham steak, cubed



## DIRECTIONS

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1) Preheat oven to 350. Prepare muffin tins with either paper wrappers or brush with melted butter.

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2) In a large bowl, add flour, cornmeal, sugar, baking powder, nutmeg, and salt. Whisk to combine.

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3) In a separate bowl, add milks, eggs, and butter. Whisk to break up the eggs. Pour and whisk this mixture into the flour mixture. Fold in the grated cheese and diced ham until just combined.

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4) Scoop or spoon batter into the muffin tins to  $\frac{3}{4}$  full. Bake for 25-30 minutes until the top is golden and gently springs back.

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