



Muffin - Cheese

Makes: 20 muffins (90 g each)

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
3 cups	whole wheat flour	750 mL
1 cup	all purpose flour	250 mL
2 tbsp	baking powder	30 mL
½ cup	sugar	125 mL
4	eggs, beaten	4
2 cups	milk	500 mL
¾ cup	vegetable oil	175 mL
2 cups	cheese, shredded	500 mL
Optional:	olives, sliced red peppers, diced	

Instructions

1. Preheat oven to 400°F (205°C).
2. In medium bowl, combine flour, baking powder, and sugar.
3. In separate bowl, mix together wet ingredients.
4. Add wet ingredients to dry ingredients. Stir until just combined. Fold in cheese. Fold in Optional ingredients if desired.
5. Divide batter between greased/lined muffin tins.
6. Bake for approx. 12 - 15 minutes until golden.

Nutrition Information	
Serving ½ muffin (45 g)	
Calories	120
Fat	7 g
	Saturated 2 g
	+ Trans 0 g
Sodium	105 mg
Carbohydrates	13 g
	Fibre 1 g
	Sugars 3 g
Protein	4 g
Calcium	100 mg
Iron	0.5 mg

Food Guide Servings	
½ Grain Product	
¼ Milk & Alternatives	