

Muffins

Baked in an electric skillet!

6 servings

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice
Muffins
Melon slices
Low fat milk

Ingredients:

1 package muffin mix (7- or 8-ounce), any flavor

Directions:

1. With lid on, preheat electric skillet to 375 degrees.
2. Prepare muffin mix as directed on package. The egg can be left out if not available.
3. Lightly spray muffin pan with cooking spray. Divide batter evenly into 6 muffin cups.
4. Set muffin pan on rack in electric skillet. Bake in covered skillet 25 minutes.
Muffins will not brown in electric skillet the way they do in an oven, but muffins will test done with a toothpick.
5. Remove from electric skillet and place on cooling rack.

Nutrition Facts: One muffin provides 150 calories, 4g total fat, 5mg cholesterol, 380mg sodium, 27g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. 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 1-800-221-5689.

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