Ham and U.S. Cheddar Muffins

U.S. Cheddar makes these savory muffins delicious for breakfast and midday breaks as well.

**INGREDIENTS**
(Makes 24 Biscuits)
- Flour, all purpose: 640g
- Baking Powder: 30g
- Salt: 10g
- Eggs, large: 4
- U.S. Whole Milk: 500ml
- Vegetable Oil: 200ml
- Ham or Turkey Ham, diced: 300g
- U.S. Cheddar, diced: 300g
- Thyme, fresh, minced: 4g
- Rosemary, fresh, minced (more whole for garish): 2g

**NUTRITIONAL CONTENT**
Per 100g
- Calories: 294kcal
- Total Fat: 17g
- Saturated Fat: 5g
- Trans Fat: 0g
- Cholesterol: 60mg
- Total Carbohydrates: 25g
- Dietary Fiber: 1g
- Sugars: 1g
- Protein: 11g
- Calcium: 220mg
- Magnesium: 15mg
- Phosphorus: 182mg
- Potassium: 172mg
- Sodium: 612mg
- Iron: 2mg
- Vitamin A: 246IU
- Vitamin C: 0mg

**PREPARATION**
1. Preheat oven to 180˚C (450˚F)
2. In a large bowl with a whisk, mix together the flour, baking powder, and salt.
3. In a separate bowl, whisk the eggs until lightly beaten.
4. Blend the milk and vegetable oil into the eggs.
5. Add remaining ingredients to the egg mixture.
6. Pour wet ingredients into dry and, using a rubber spatula, gently mix until just incorporated. Do not over mix, some small lumps are fine.
7. Spoon into muffin tins, top with rosemary garnish, and bake for 20-25 minutes. Test for doneness with a wooden toothpick inserted into a muffin that comes out clean.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org), including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.