

Cheddar Almond Muffins

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Yield: 12 muffins

2 cups sifted all-purpose flour
1/4 cup sugar
3 teaspoons baking powder
1 teaspoon salt
3/4 cup cheddar cheese, shredded
1 egg
1 cup milk
3 tablespoons butter, melted
TOPPING (Almond Butter)
2 tablespoons butter, melted
1 teaspoon Worcestershire sauce
1/2 teaspoon garlic salt
1/3 cup chopped, blanched, slivered almonds

Preparation Time: 30 minutes

Bake Time: 25 minutes

In a bowl, stir together the flour, sugar, baking powder and salt. Stir in the cheese and toss lightly.

In a bowl, combine the egg, milk and melted butter. Add the flour mixture. Stir until moistened.

Make the almond butter: In a bowl, combine the melted butter, Worcestershire sauce, garlic salt and almonds. Mix well.

Place paper liners in a muffin tin. Fill the muffin cups 2/3 full. Sprinkle each with almond butter, pressing the almonds into the batter slightly.

Bake in a preheated 400 degree oven for 20 to 25 minutes.

Per Serving (excluding unknown items): 2118 Calories; 101g Fat (42.9% calories from fat); 60g Protein; 243g Carbohydrate; 7g Dietary Fiber; 490mg Cholesterol; 5976mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 1 Non-Fat Milk; 17 Fat; 3 1/2 Other Carbohydrates.