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# Mushroom Lovers CLUB

## HAM, CHEDDAR & MUSHROOM MUFFINS

by *The Brunette Baker*

These muffins are packed with delicious goodness and are perfect for snack time, breakfast, or even dinner when they refuse to eat what's put in front of them. A parent's job is hard enough. Let them eat muffins.

**Prep Time: 25 minutes | Cook Time: 20 minutes**

### INGREDIENTS

3 cups all purpose flour  
1 tablespoon baking powder  
½ teaspoon baking soda  
½ teaspoon ground black pepper  
½ teaspoon salt  
¼ teaspoon cayenne pepper  
4 tablespoons ground flax seeds, optional  
3 large eggs  
1⅓ cups buttermilk  
3 tablespoons canola oil, divided  
3 tablespoons butter, melted  
1 cup white onion, finely chopped  
1 cup white button mushrooms, finely chopped  
1 cup diced ham  
1 cup grated cheddar cheese

5. Add the wet ingredients to the dry and mix using a wooden spoon until moistened.

6. Scoop the batter into prepared muffin pan (heaping ¼ cup each for unlined muffin pan or scant ¼ cup each for lined).

7. Bake the muffins for 20 minutes or until the tops are a golden brown. Let the muffins cool in pan for 15 minutes then loosen the edges with a knife (if necessary). Transfer muffins to cooling rack.

8. Muffins will keep in an airtight container for several days. These also freeze beautifully once baked.

*Blogger* **RECIPE** Visit [mushrooms.ca](http://mushrooms.ca)  
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### METHOD

1. Preheat oven to 400°F. Coat a 12-cup muffin pan with non-stick cooking spray or use cupcake liners.

2. In a frying pan over medium heat, add in one tablespoon of canola oil. Toss in onions and cook until translucent. Remove from pan and add in chopped mushrooms. Cook only until tender. Remove from heat and allow to cool.

3. In a large bowl, whisk together the flour, baking powder, baking soda, pepper, salt, cayenne pepper, and flax seeds.

4. In a medium bowl, whisk together the eggs, buttermilk, oil, and butter. Stir in the chives, mushrooms, onions, ham, and cheese.