

BREAKFAST

Breakfast Muffins

5 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.42	229 kcal

Breakfast Muffins requires approximately 45 minutes from start to finish. For 42 cents per serving, you get a breakfast that serves 12. One portion of this dish contains about 9g of protein, 13g of fat, and a total of 229 calories. 1 person has tried and liked this recipe.

Ingredients

- ☐ 2 large eggs
- ☐ 1 cup milk
- ☐ 2 cups self-rising flour
- ☐ ¼ cup vegetable oil
- ☐ 1 cup cooked and crumbled ground pork sausage
- ☐ ¾ cup shredded Parmesan cheese
- ☐ 2 tablespoons sugar

EQUIPMENT Bowl, Oven, Whisk

Method

- 1 Combine first 4 ingredients in a large bowl; make a well in center of mixture.
- 2 Whisk together milk, oil, and eggs until well blended.
- 3 Add to flour mixture, and stir just until dry ingredients are moistened.
- 4 Spoon mixture into lightly greased muffin pans, filling two-thirds full.
- 5 Bake at 400 for 15 to 18 minutes or until golden brown.

Nutrition per serving

229

KCAL

9 g

PROTEIN

13 g

FAT

18 g

CARBS

Saturated Fat

4.1 g · 25% of daily needs

Fibre

0.5 g · 2% of daily needs

Sugar

3.1 g · 3% of daily needs

Sodium

240 mg · 10% of daily needs

Cholesterol

51.3 mg · 17% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/breakfast-muffins-147924