

BREAKFAST

Old-Fashioned Sally Lunn Muffins

16 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	12	\$0.12	148 kcal



Old-Fashioned Sally Lunn Muffins is a breakfast that serves 12. One portion of this dish contains about 3g of protein, 5g of fat, and a total of 148 calories. For 12 cents per serving, this recipe covers 4% of your daily requirements of vitamins and minerals.

Ingredients

☐ 3 teaspoons baking powder

☐ 2 cups all-purpose flour

☐ ½ teaspoon salt

☐ ¼ cup white sugar

☐ 1 egg, beaten

☐ 1 cup milk

☐ ¼ cup shortening

EQUIPMENT Bowl, Oven, Muffin tray

Method

- 1 In a medium bowl mix together the flour, baking powder, and salt.
- 2 In a separate bowl cream together the shortening and sugar. Stir in beaten egg, and milk.
- 3 Add flour mixture alternately with liquid mixture.
- 4 Fill greased muffin tins two-thirds of the way full.
- 5 Bake in a preheated 375 degree F(190 degrees C) oven for 30 minutes.

Nutrition per serving

148	3 g	5 g	21 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			1.6 g · 10% of daily needs
Fibre			0.6 g · 2% of daily needs
Sugar			5.2 g · 6% of daily needs
Sodium			216 mg · 9% of daily needs
Cholesterol			16.1 mg · 5% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/old-fashioned-sally-lunn-muffins-143029