



Monte Cristo Savory Muffin

10 oz AP Flour
1.5 tsp Salt
1 tsp Baking Soda
2 Tbsp Sugar
1 tsp Black Pepper
2 Eggs
1 cup Skim Ricotta
6 Tbsp Olive Oil
1 tsp Coarse Dijon
¾ cup Buttermilk
6 oz Ham, *cubed*
4 oz Turkey, *cubed*
6 oz Swiss Cheese

1. Pre-heat your oven to 375°F
2. Measure dry ingredients together in a large bowl.
3. In a separate bowl, measure wet ingredients and stir together to combine.
4. When you're ready to mix, combine your mix-ins into your dry ingredients.
5. Pour all your wet ingredients into the dry, and mix with a spatula until a batter forms.
6. Portion your muffins into a lined muffin tin.
7. Bake at 375°F for 10 minutes, lower the temperature and bake at 350°F for 7-8 minutes, until a cake tester comes out clean.
8. Let cool before enjoying with some honey mustard and a simple side salad.

Variations:

Croque Monsieur – 8 oz Ham, 8 oz Gruyere

Reuben – 8 oz Corned Beef, 6 oz Swiss Cheese, 2 oz Sauerkraut (drain and pat dry)

Vegetarian – 6 Scallions (sliced), 4 Roasted Red Peppers (diced), 1 can of chickpeas (drained)