[French Toast Breakfast Muffins](https://www.facebook.com/photo.php?fbid=10201352614120158&set=a.1100332231341.16571.1317725519&type=1&ref=nf)

These taste exactly like French toast! Made with skim milk and light butter, they are only about 120 calories a muffin if you make 6!

**Muffin:**

175 mL all-purpose flour

60 mL sugar

4 mL baking powder

1 mL salt

pinch nutmeg

60 mL milk

40 mL butter, melted

½ egg (~25 mL), lightly beaten &

 preferably room temperature

**Topping:**

40 mL butter, melted

40 mL sugar

2 mL cinnamon

1. Preheat oven to 350ºF.
2. In a medium-large bowl, sift together all dry ingredients (**NOT** topping ingredients).
3. Combine liquid/wet ingredients in a separate bowl or liquid measure.
4. Add liquids to dry ingredients **ALL AT ONCE** and stir just until combined, but still a bit lumpy. Do NOT over mix! Over mixing will cause “**tunnels”** andspoil the texture of the finished muffins.
5. Scoop batter into muffin tins that have been greased with shortening or sprayed with cooking spray.
6. Scoop or spoon batter equally in to 6 muffin cups (⅔ full) to make 6 small-medium muffins. For larger muffins, fill 4-5 of the cups and fill any empty cups ½-full with water. Larger muffins will take longer to bake.
7. Bake for 15-25 minutes (depending on muffin size) or until they just start to turn a bit golden at the edges and a toothpick inserted in the centre comes out clean.
8. For the topping, mix sugar and cinnamon in a small bowl. Place melted butter in another small bowl.
9. Dip the warm muffins in melted butter or brush on with a pastry brush (you can dip just the top, but it's even tastier to dip the whole muffin!), then dip/roll the muffin in cinnamon sugar. Enjoy while warm!

\*\* To add maple flavour, try plating muffins then drizzle lightly with maple syrup.