[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

[French Toast Breakfast Muffins. 
These are amazing!! Taste exactly like French toast!!! Made with skim milk and light butter was only 121 calories a muffin if you make 12!
 1/3 c. butter, melted
 1/2 c. sugar
 1 egg (preferably room temperature)
 1 1/2 c. all purpose flour
 1 1/2 tsp. baking powder
 1/2 tsp. salt
 1/4 tsp. nutmeg
 1/2 c. milk
 
Topping (option: cut topping in half*)
 1/2 c. sugar
 1/2 c. butter, melted
 1 tsp. cinnamon
 
Preheat oven to 350F.
 
In a medium-large bowl, sift together all dry ingredients. Add wet ingredients and stir just until combined, but still a bit lumpy. Do NOT overmix; overmixing will ruin the texture of the finished muffins. Scoop batter into muffin tins that have sprayed with cooking spray. Using a large ice cream scoop, I got 8 medium-large muffins out of this batter; I think you could get 10-12 muffins by distributing the batter a little less generously. Bake for 20-25 minutes, or until they just start to turn a bit golden at the edges.
 
For the topping, mix sugar and cinnamon in a small bowl. Place melted butter in another small bowl. Dip the warm muffins in melted butter (you can dip just the top, but it's even tastier to dip the whole muffin!), then dip/roll the muffin in cinnamon sugar. *May have left-over topping; the extra topping can be used for dipping, while eating the muffins (oh my). Another option is to cut the topping ingredients in half. CONSUME, ENJOY, GO CRAZY! 
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 To SAVE this , be sure to click SHARE so it will store on your personal page.
 For more great recipes lots of fun, amazing ideas... !
 Click and join us here--->  Chrissy's Skinny Friends- Weight loss support group](https://www.facebook.com/photo.php?fbid=10201352614120158&set=a.1100332231341.16571.1317725519&type=1&ref=nf)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.