



## Savory Sausage Muffins

### INGREDIENTS

2 1/2 cups flour  
2 tsp baking powder  
1/2 tsp baking soda  
1/4 tsp cayenne  
1/4 ground mustard  
1/2 tsp salt  
2 eggs  
1-1/4 cups milk  
3 tbsp Greek yogurt  
1/2 lb PSM country sausage  
1/4 cup diced onion  
1 garlic clove, minced  
1/2 cup sharp white cheddar cheese

### PREPARATION

- Preheat the oven to 350°F.
- In a medium-hot skillet, cook sausage and break down with a wooden spoon. When sausage is fully cooked, pour onto a plate lined with a paper towel to drain excess fat. Drain the grease, leaving 1 tbsp in the skillet.
- Cook the onion and garlic in the sausage drippings over medium heat until soft - about 5 min. Cool.
- Finely chop cooked sausage.
- Combine flour, baking powder, baking soda, cayenne, mustard, and salt in a bowl. Whisk to combine.
- In a large bowl, beat eggs, milk, and yogurt. Add cheese, onion mixture, and sausage. Stir to combine.
- Combine the wet and dry ingredients - be careful not to over mix.
- Scoop into a greased muffin pan and bake at 350°F for 20 min.
- Remove from the oven and allow to cool. Store in the refrigerator.

