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Sun-Dried Tomato and Cottage Cheese Muffins

- 1 cup fat-free cottage cheese
- ½ cup grated Parmesan cheese
- ¼ cup whole-wheat flour
- 1 tsp. baking powder
- ¼ cup sun-dried tomatoes (dry), chopped
- ¼ cup fresh basil, chopped
- ¼ cup water
- 1 cup liquid egg substitute
- ½ tsp. salt
- ¼ tsp. freshly ground black pepper

1. Preheat oven to 400°F. Line muffin pan with paper liners. You will need 9 muffin cups.
2. In a medium bowl, combine cottage cheese, all but 2 Tbsp Parmesan cheese, flour, baking powder, sun-dried tomatoes, basil, water, egg substitute, and salt and pepper until mixed well.
3. Divide batter among 9 muffin cups (fill each cup $\frac{3}{4}$ full). Sprinkle remaining Parmesan cheese over top.
4. Bake for 30 to 35 minutes or until muffins have risen and are golden brown.

Serve warm or at room temperature

Makes 9 muffins

Per muffin:

Calories: 65

Fat: 1 g

Protein: 8 g

Carbohydrates: 5 g

Cholesterol: 5 mg

Fiber: .6 g

Sodium: 376 mg

Source: www.101cookbooks.com