



French Breakfast Puffs
adapted from the Pioneer Woman

3 cups all purpose flour (always stir it up a bit and spoon lightly in your measuring cup..don't tap it down)
3 teaspoon baking powder
1 teaspoon salt
1/2 teaspoon ground nutmeg
1 cup sugar
2/3 cup shortening (I used butter flavor Crisco)
2 eggs
1 cup milk (I used lowfat)

Coating

1/2 lb. (2 sticks) real unsalted butter
1 1/2 cups sugar
3 teaspoons ground cinnamon
Preheat the oven to 350 degrees. Lightly grease 12-15 muffin cups.

In a large bowl, stir together the flour, baking powder, salt, and nutmeg. Set aside.

In another large bowl, cream together the sugar and shortening. Add eggs, beat again.

Add one half of the flour mixture, pour in all the milk and beat on low speed just until blended. Add the remaining flour and beat well just until completely blended.

Fill the greased muffin cups 2/3 full.

Bake for 18-25 min. or until golden. (I baked mine about 19 min. Check yours with a toothpick poked in the center after 18 minutes, if it comes out clean, they're done.)

While muffins are baking, prepare the coating. Melt the butter in a glass bowl or pan. In a separate bowl, combine the sugar and cinnamon.

Remove the muffins from the pan. Be careful, they're tender. Dip the warm muffins in the butter; coating completely. (If you have a couple of kids handy, they'll love doing this job for you!)

Now roll the muffins in the cinnamon/sugar. Make sure to coat completely.

Now, bite into one of these warm sugary confections...you'll want to use a plate so you can catch the crumbs and shhhhh...lick the plate and your fingers.

Yes, they're that good!!

After cooling, you can freeze these and reheat later.