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December's Tasty Recipe List

The theme for December is winter. The following recipe is provided for you to have a filling breakfast to start your day before your winter outside activities. Visit www.take-it-outside.org for event listings, outdoor activities describing seasonal & natural events, a new recommended reading list each month, and much more!

French Breakfast Puffs

$\frac{1}{3}$ cup shortening
 $\frac{1}{2}$ cup sugar
1 egg
 $1\frac{1}{2}$ cups all-purpose flour
 $1\frac{1}{2}$ t baking powder
 $\frac{1}{2}$ t salt
 $\frac{1}{4}$ t ground nutmeg
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup sugar
1 t ground cinnamon
 $\frac{1}{2}$ cup butter, melted

Heat oven to 350F. Grease 12 standard size muffin cups.

Mix shortening, $\frac{1}{2}$ cup of sugar, and the egg thoroughly in a large bowl. Stir in flour, baking powder, salt and nutmeg, alternately with milk. Divide batter into each muffin cup.

Bake 20 to 25 minutes or until golden brown.

Mix $\frac{1}{2}$ cup of sugar and cinnamon in a shallow bowl. Roll hot muffins in melted butter, then in sugar cinnamon mix. Serve hot!