

# THE MUFFIN MAN

GREAT FOR TRAINING TREATS OR MEAL TOPPER

## prep time

30 sec

## cook time

20 min, plus  
an extra 5  
min to cool

## serves

12 muffins

## Things you need

**1 lb**

**ground beef/chicken or turkey, hi-fat (15-20%)**

**2**

**beaten eggs**

**1/4 cup**

**grated parmesan cheese  
(from the refrigerated section..the dry shelf parm is not actually parm.)**

## Here is how

**Mix the egg & cheese then mix in the ground meat.**

**Using muffin tins makes it easy to delve out, refrigerate and transport them in singel servings.**

**Bake 350 degrees for 40 minutes.**

**Cool, Cut into small cubes & refrigerate (or freeze for later)**

