

# THE MEATY MUFF

GREAT FOR TRAINING TREATS OR MEAL TOPPER

## prep time

30 sec

## cook time

20 min, plus  
an extra 5  
min to cool

## serves

24 muffins

**Use 1 oz muffin cups**

## 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 paper or tins  
makes for ease in prep  
and clean up. Easy to  
refrigerate/freeze,  
transport & delve out in  
single servings.

Bake 350 degrees.

Cool & refrigerate (or  
freeze for later)

