

## Cheese Muffin Ring

**MUFFINS BAKED IN A MOLD — A CIRCLE OF GOODNESS**  
A dish to bewitch the most finicky into "seconds," this tender muffin ring is flavored with sharp tangy cheese. Take it fresh and fragrant from the oven and fill it with the family's favorite creamed food. You'll find Cheese Muffin Ring a taste-tempting charmer. It glamorizes leftovers in an appetizing way for a thrifty luncheon or dinner.

Baking muffin batter in a ring mold adds the appeal of "something new" to your bill of fare. For a change of pace, flavor the batter with onions, bacon or herbs. Or, make a complete change to a quick dessert by baking your favorite sweet muffin recipe. Then fill the center with fresh or canned fruits. If you have no ring mold, an eight-inch square pan may be used and the fruit or creamed food may be poured on top for a savory shortcake.

Be it a main dish or dessert, this recipe supplies nutrients necessary in the diet. Enriched self-rising flour is fortified with three B-vitamins, thiamine, niacin and riboflavin, and two important minerals, iron and calcium.

### CHEESE MUFFIN RING

- 2 cups sifted enriched self-rising flour\*
- 1 egg, well beaten
- 1/4 cups milk
- 3/4 cup grated sharp cheese
- 3 tablespoons oil

Stir together flour and cheese. Combine beaten egg, milk and oil. Add to flour mixture. Stir only to moisten flour. Turn into well-greased 8-inch ring mold or 8-inch square pan. Bake in pre-heated 425° oven, 25-30 minutes, or until done. Serve with creamed eggs, vegetables, chipped beef.

\* If you don't sift and in the absence of other directions, spoon flour directly from container into a one-cup dry measure, level off, then remove two level tablespoons per cup, according to USDA recommendations.

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Self-Rising Flour and Corn Meal Program, Inc.  
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