

# Savoury Pork Muffins



## Ingredients

1 lb / 0.5 kg lean ground pork  
3 egg whites  
1 cup / 250 mL rolled oats  
 $\frac{3}{4}$  cup / 175 mL finely diced yellow onion  
2 ribs celery, finely chopped  
2 cloves garlic, minced  
1 tsp +  $\frac{1}{2}$  tsp / 7 mL ground black pepper  
1 tsp / 5 mL EACH red pepper flakes and salt  
 $\frac{1}{2}$  tsp / 2 mL EACH ground cumin and ground thyme

## Directions

1. Preheat oven to 375°F.
2. In large bowl, gently combine all ingredients; do not overmix.
3. Lightly grease 12-cup muffin pan. Scoop mixture evenly into prepared muffin cups.
4. Bake 30-35 minutes or until instant-read meat thermometer registers 160°F and tops are nicely browned.

## Additional Info

- **Cut:** Ground pork
- **Prep Time (Minutes):** 15
- **Cook Time (Minutes):** 30
- **Number of Servings:** 12