

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 $\frac{1}{2}$ 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