

## Breakfast Muffin

2 cups reduced fat Bisquick<sup>®</sup> baking mix  
2 tbsp. white grape juice, frozen concentrate  
½ cup skim milk  
1 cup egg substitute, liquid  
3 oz ham, extra lean, finely diced  
¾ cup fat free cheddar cheese, shredded  
½ cup onion, diced

Preheat oven to 400 degrees F. Place paper liners in muffin tins. Spray liners with cooking spray. Mix reduced fat Bisquick, white grape juice concentrate, skim milk and egg substitute. Stir well. Add ham, onion and fat free cheddar cheese. Bake 15-20 minutes. Makes 12 servings.

Nutrition information: 112 calories, 7 grams protein, 1 gram fat, 412 mg sodium.