

## French Breakfast Puffs

*Get ready for "oohs" and "aahs" when you serve these heavenly rolls. Coated with cinnamon and sugar, these quick-fix breakfast puffs are a favorite in Betty's Kitchens.*

- 1/3 cup shortening
- 1/2 cup sugar
- 1 egg
- 1 1/2 cups Gold Medal® all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/2 cup milk
- 1/2 cup sugar
- 1 teaspoon ground cinnamon
- 1/2 cup butter or margarine, melted

1. Heat oven to 350°F. Grease 15 medium muffin cups, 2 1/2x1 1/4 inches.
2. Mix shortening, 1/2 cup sugar and the egg thoroughly in large bowl. Stir in flour, baking powder, salt and nutmeg alternately with milk. Divide batter evenly among muffin cups.
3. Bake 20 to 25 minutes or until golden brown.
4. Mix 1/2 cup sugar and the cinnamon. Roll hot muffins immediately in melted butter, then in sugar-cinnamon mixture. Serve hot.

**Per Serving:** Calories 200 (Calories from Fat 100 ); Total Fat 11 g (Saturated Fat 5 g); Cholesterol 30 mg; Sodium 180 mg; Total Carbohydrate 23 g (Dietary Fiber 0g); Protein 2 g

**% Daily Value:** Vitamin A 4 %; Vitamin C 0%; Calcium 4 %; Iron 4 %

**Exchanges:** 1 Starch; 1/2 Fruit; 2 Fat

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