



Cottage Cheese and Cheddar Muffins

From [Alexandra's Kitchen](#) (who also references [Kalyn's Kitchen](#) and [101 Cookbooks](#))

BAH Note: You don't have to be on South Beach to enjoy this savory muffin. It makes a great light snack or quick breakfast if you make them in advance. Don't be like me and neglect to spray the paper liners with cooking spray. Because scraping savory muffin out of the paper liner is not a good start to a day. And be prepared to pay a pretty penny for the almond flour. Luckily, there's a French Macaron recipe in *The Sweet Life in Paris* that uses almond flour. While definitely not a SB Friendly recipe, I think there's room for French cookies once in a while...at least until the skinny jeans tell me otherwise.

- 2/3 cup cottage cheese
- 1/4 cup grated Parmesan
- 1/4 cup wheat flour
- 2/3 cup almond flour
- 1 teaspoon baking powder
- 1/4 teaspoon kosher salt
- 4 eggs
- 3 tablespoons water
- 1/2 cup grated sharp cheddar cheese
- 4 slices canadian bacon

Heat the oven to 400 degrees.

Combine the cottage cheese, Parmesan, wheat and almond flour, baking powder, and salt in a medium bowl. Beat the eggs and water together and add to the bowl. Mix well to combine. Add the canadian bacon and grated cheddar to the bowl and fold to combine.

Place 8 paper liners in a muffin pan and coat the liners lightly with a nonstick cooking spray. Divide the batter among the liners and bake for 20 to 25 minutes or until the tops are lightly browned and the egg has set.

Leftover muffins can be cooled completely and stored in the refrigerator.