

# BUTTERMILK CHEESE MUFFINS

---

## INGREDIENTS

1 Cup Self-Rising Flour  
½ Cup Shelton's  
Cornmeal  
1 teaspoon Salt  
1 Tablespoon Sugar  
Pinch of Cayenne Pepper  
2 Cups grated Sweetwater  
Valley Buttermilk Cheese  
1 Cup Milk  
1 Egg

## DIRECTIONS

Preheat oven to 400F.  
Beat Egg and Milk together until smooth.  
In a separate bowl mix together dry ingredients before add  
grated Cheese.  
Pour in Milk mixture and combine until just together- do  
not overmix!  
Sprinkle some finely grated Cheese on top and a pinch of  
Cayenne Pepper if desired.  
Spoon into muffin pan and bake for 10 -12 minutes.  
Fabulous straight out of the oven or allow to cool and then  
freeze for up to 3 months.