



# Frosted Flakes Muffins

## INGREDIENTS

1/3 cup oil  
1 egg  
1 cup milk  
3 cup Frosted Flakes (crushed to 1 cup)

1 cup flour  
1/4 cup sugar  
2 tsp. baking powder  
1 tsp. cinnamon  
1/2 tsp. salt  
1/3 cup chopped nuts

## DIRECTIONS

- - Preheat oven to 375 degrees. Grease muffin tins for 12 muffins.
- - In small bowl, combine flour, sugar, baking powder, cinnamon, salt and walnuts. Set aside.
- - Beat egg and oil. Mix in milk, then the crushed Frosted Flakes. Let stand 5 minutes.
- - Add the dry ingredients to the cereal mixture. Stir until the flour mixture is incorporated. Spoon into baking cups. Bake 20-25 minutes.
  
- \* If desired brush tops with melted butter and sprinkle with cinnamon and sugar mixture.
  
- Serve warm. Makes 12 muffins.

---

Recipe brought to you by <http://sharetherecipe.com/>