



## Cheesy Asparagus Muffins

**Servings:** 8 Muffins

**Ingredients:**

- 1 Egg
- ¼ Cup Milk
- 2 Tbsp Olive Oil
- ¼ Cup Tomato Soup
- 8 Stalks of Asparagus, Chopped
- 1 Cup Flour
- 1 ½ tsp Baking Powder
- ½ tsp Salt
- ½ Cup Grated Cheddar Cheese

**Instructions:**

1. Break the egg into a bowl. Add the milk, oil, and tomato soup. Whisk together and stir in chopped asparagus.
2. Add the flour, baking powder, and salt. Stir a little and add cheese.
3. Stir until flour is moist. Spoon into greased or lined muffin cups.
4. Bake for 15 mins at 375°F.
5. Enjoy! (Great with tomato soup!)