

## **CONSTITUTION DAY – BREAKFAST PUFFS**

*Serve these puffs while they are still warm from the oven.*

### **TOOLS**

Paper towels  
Muffin pan  
Measuring cups & spoons  
Small saucepan  
Small mixing bowl  
Fork  
Mixing spoon  
Medium mixing bowl  
Potholders  
Butter knife  
Serving plate

### **DRY INGREDIENTS**

Shortening or butter to grease muffin pan  
1 Tablespoon butter  
2 eggs  
1 cup milk  
1 cup flour  
¼ teaspoon salt  
Apple butter, jam, or honey (*optional*)

### **DIRECTIONS** (*Makes 6 puffs*)

1. Preheat the oven to 425°.
2. Use paper towels to grease the muffin cups with shortening or butter. Put the muffin pan in the oven to heat.
3. Melt 1 tablespoon of butter in the small saucepan over low heat.
4. While the butter melts, crack the eggs into the small mixing bowl. Use the fork to beat the eggs until they are light yellow.
5. Add the milk and melted butter to the eggs. Beat the liquid mixture with the fork until it is well mixed.
6. Stir the flour and salt together in the medium mixing bowl.
7. Slowly stir the liquid mixture into the flour mixture. Stir only until the mixture is blended. Do not over mix.
8. Have an adult remove the hot muffin pan from the oven.
9. Spoon batter into the muffin pan until each cup is 2/3 full.
10. Bake the breakfast puffs at 425° for 20 minutes. Then turn the heat down to 325° and bake the puffs for 15 minutes.
11. Have an adult remove the breakfast puffs from the oven.
12. Use a butter knife to loosen the sides of the breakfast puffs and remove them from the muffin cups.
13. Arrange the breakfast puffs on a serving plate. Serve the puffs with apple butter, jam, or honey while they are still warm.