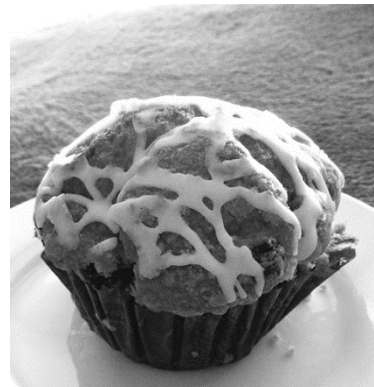


Pancake and Sausage Muffins

Ingredients

Ground sausage
1 cup flour
1 t. baking powder
½ t. baking soda
1 T. sugar
1 egg
1 cup milk
1 T. melted butter



Instructions

- Preheat oven to 400 degrees.
- Line or grease 12 muffin cups.
- Cook sausage, drain and crumble.
- Sift flour, baking powder, baking soda and sugar together.
- In a separate bowl beat egg, milk and butter.
- Mix wet and dry ingredients.
- Pour pancake batter into muffin pan and then top with a spoonful of sausage.
- Bake for 12 - 15 minutes.
- Remove and cool.

For the glaze use about a cup of confectioners' sugar, 1 T. melted butter, maple syrup (or maple extract) to taste, and a splash of milk.. Just test for taste and consistency.