



## Shrimp and Grit Muffins with Cheddar and Bacon Bits



Deliciously savory muffins packed with shrimp, cheddar, and crispy bacon.

### Ingredients:

- 1 cup grits
- 2 cups water
- 1 cup shredded cheddar cheese
- 1/2 cup cooked bacon bits
- 1 cup cooked shrimp, chopped
- 2 large eggs
- 1/2 cup milk
- 1/4 cup chopped green onions
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 1 tablespoon baking powder

### Directions:

- Preheat the oven to 350°F (175°C) and grease a muffin tin.
- In a saucepan, bring water to a boil, then stir in the grits. Cook for

about 5 minutes until thickened, stirring occasionally.

- In a large mixing bowl, combine the cooked grits, cheddar cheese, bacon bits, chopped shrimp, eggs, milk, green onions, garlic powder, salt, and pepper. Mix until well combined.

- Add baking powder and stir until just incorporated.

- Spoon the mixture into the prepared muffin tin, filling each cup about 3/4 full.

- Bake for 20-25 minutes or until golden brown and a toothpick comes out clean.

- Let cool slightly before removing from the tin and serve warm.

Time and Nutrition:

Prep Time: 15 minutes

Cook Time: 25 minutes

Total Time: 40 minutes

Calories (Kcal): 210

Servings: 12 muffins