

Corn Muffins

Makes: 12 servings

Ingredients

1 cup cornmeal
1 cup flour
1 tablespoon baking powder
1/4 cup sugar
1 egg
1 cup milk
1/4 cup vegetable oil
margarine or butter (to grease the muffin cups)

Directions

1. Preheat the oven to 425 degrees.
2. Put the cornmeal, flour, baking powder, salt and sugar in a large bowl. Stir together well. Set aside.
3. In a small bowl, beat the egg lightly. Add the milk and oil.
4. Add the egg, milk, and oil to the cornmeal mix. Stir just until blended.
5. Grease the muffin cups with some margarine or butter.
6. Fill each muffin cup 1/2 full with the batter.
7. Bake for 15 to 20 minutes or until lightly browned.

Notes

Add 1/2 cup grated apple or 1/2 cup applesauce in the batter.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	160	
Total Fat	5 g	8%
Protein	3 g	
Carbohydrates	24 g	8%
Dietary Fiber	1 g	4%
Saturated Fat	0.5 g	3%
Sodium	140 mg	6%