



Cornbread Muffins

You can wrap the muffins individually in plastic wrap and freeze. Thaw overnight or microwave for 30 - 60 seconds for a quick breakfast!

<u>U.S.</u>		<u>Metric</u>
3/4 cup	Yellow Cornmeal	103 g
1 cup	All Purpose Flour	120 g
1/4 tsp	Salt, Kosher	1.5 g
1 Tbsp	Baking Powder	12 g
1 Tbsp	Butter, unsalted, melted	15 g
1 cup	Buttermilk, nonfat	235 mL
1 large	Egg	1 large
1/3 cup	Sugar	68 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 325°F (162°C).
3. In a medium bowl, whisk together dry ingredients: yellow cornmeal, all purpose flour, salt, and baking powder.
4. In a small microwave safe bowl, microwave the butter for 15 seconds or until melted. Whisk together butter, buttermilk, egg, and sugar.
5. Add the wet ingredients into the dry. Using a rubber spatula, fold to combine. Do not over mix. It will be moderately lumpy (this is good!). After you fold, let sit for 10 minutes to hydrate the corn.
5. Place 12 muffin liners in a muffin pan. Spray the liners with non-stick spray.
6. Fill muffins 3/4 of the way with batter. Bake for about 15 minutes or until golden brown.
6. Remove and cool on wire rack. Serve immediately, or once cooled, wrap in plastic wrap and put in the freezer or refrigerator.

****Nutrition Facts on Reverse**

Nutrition Facts

12 Servings

Serving size **1 muffin**

Amount per serving

Calories **110**

Calories from Fat 15

Total Fat 1.5 g

 Saturated Fat 1 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 20 mg

Sodium 320 mg

Total Carbohydrate 20 g

 Dietary Fiber 1 g

 Total Sugars 6 g

 Includes 5 g Added Sugars

Protein 2 g

Vitamin D 0 %

Calcium 6 %

Iron 2 %

Potassium 55 mg

Phosphorus 45 mg
