



Whole Grain Corn Muffin

U.S.

4 3/4 cups	All Purpose Flour
2 1/2 cups	Whole Wheat White Flour
2 cups	Sugar
1 3/4 cups + 2 Tbsp	Cornmeal
3 1/2 Tbsp	Baking Powder
3 tsp	Salt
3 1/4 cups	Whole Milk
1/4 cup + 2 Tbsp	Honey
5 each	Eggs
2 cups	Butter, melted

Metric

575 g
283.75 g
400 g
262.5 g
42.5 g
13.75 g
766.75 ml
167.5 g
282.5 g
454 g

Preparation:

1. Gather all ingredients and equipment.
2. Preheat oven to 350°F (180°C).
3. Combine dry ingredients in a stand mixer with a paddle.
4. Slowly add milk, honey, eggs, and melted butter
5. Mix until just combined. Do not over mix
6. Bake for 23-25 minutes

Nutrition Facts

Serving size	1 muffin
Servings	12
Calories	440
Calories from Fat	170
Total Fat	19 g
Saturated Fat	11 g
Trans Fat	1 g
Monounsaturated Fat	5 g
Cholesterol	85 mg
Sodium	490 mg
Carbohydrates	63 g
Dietary Fiber	3 g
Sugars	21 g
Protein	8 g
Vitamin A	10 %
Calcium	20 %
Vitamin C	0 %
Iron	15 %
Phosphorus	211 mg
