



## Cornmeal Muffins

Makes 48 mini muffins

Preparation time: 10 minutes

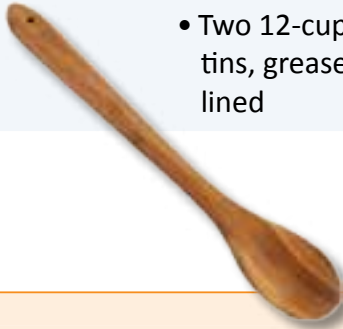
Cooking time: 18 to 22 minutes

Preheat oven to 375°F (190°C)

Potential common allergens: milk, egg, wheat

### Equipment List

- Large bowl
- Medium bowl
- Mixing spoon
- Measuring cups & spoons
- Two 12-cup mini muffin tins, greased or paper-lined



### Nutrition Information

Calories	105 calories
Total Fat	3 g
Carbohydrate	16.5 g
Fibre	0.5 g
Protein	2.5 g

### What You Need

INGREDIENTS	AMOUNTS	METRIC
All-purpose flour	4 cups	1 L
Cornmeal (see Substitutions for Unavailable Ingredients list)	2 cups	500 mL
Granulated sugar	$\frac{3}{4}$ cup	175 mL
Baking powder	2 tbsp.	30 mL
Baking soda	2 tsp.	10 mL
Salt	$\frac{1}{2}$ tsp.	2 mL
Buttermilk or sour cream (see Tip for Unavailable Ingredients)	4 cups	1 L
Olive or canola oil	$\frac{1}{2}$ cup	125 mL
Eggs	3	3

### Nutrition Information

1. In a bowl, combine flour, cornmeal, all but 2 tsp. (10 mL) of the sugar, baking powder, baking soda and salt.
2. In a separate bowl, whisk together buttermilk, oil and eggs. Add to dry ingredients; stir just until combined.
3. Spoon into muffin cups. Sprinkle with remaining sugar. Bake in preheated oven for 18 to 22 minutes or until firm to the touch.

**Tip:** Sour milk can be used instead of buttermilk. To prepare, combine 3 tbsp. (45 mL) lemon juice or vinegar with 4 cups (1 L) milk, stir and let stand for 5 minutes.

Recipe taken from Bake Better Bites