

Cornbread or Corn Muffins

This Southern United States' favorite is a healthier choice than prepared cornbread mixes especially when comparing their sodium content to that in this recipe. This recipe was taste tested by a group of older adults (Messiah Baptist Church, Los Angeles) attending a seminar on "Heart Health" for CNESINC.org

Amount	Measure	Ingredients
1	Cup	Yellow corn meal
1	Cup	Flour, all purpose
1/4	Cup	Sugar substitute
1	Tablespoon	Baking powder
1	Cup	Non-fat milk
1	Teaspoon	Vegetable oil
1/4	Cup	Egg substitute

1. Preheat oven to 400 degrees. Use vegetable spray to coat pan or muffin tins
2. Combine cornmeal, flour, sugar substitute, and baking powder in medium bowl.
3. Combine milk, vegetable oil, and egg substitute in small bowl; mix well.
4. Add milk mixture to flour mixture; stir until blended.
5. Pour into prepared pan or muffin tins.
6. For Muffins-spoon batter into 10-12 muffin cups filling 2/3 full. Bake in the preheated oven for 15 minutes. Serve warm.
7. For Corn bread- bake for 20-25 minutes. Serve warm.

Yield: Ten (10) muffin servings.

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 gm	20 gm	300 mg	25 g
1 serving of this recipe	73	247 (10%)	-	-	-	-

Do you have recipes that you want us to modify?
Send it to Mable@cnesinc.org