

Homemade Cornbread Muffins



This easy cornbread recipe makes light and fluffy muffins that are lower in calories, saturated fat, and sugar than boxed mix varieties.

YIELD 12 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

¾ cup	Yellow Cornmeal
1 cup	All-purpose Flour
¼ tsp	Kosher Salt
1 Tbsp	Baking Powder
1 Tbsp	Canola Oil
1 cup	Buttermilk, nonfat
1 large	Egg
⅓ cup	Sugar

CHEF'S NOTES

You can wrap the muffins individually in plastic wrap and freeze. Thaw overnight or microwave for 30 - 60 seconds for quick, portion-controlled cornbread perfect for serving your favorite chilis, soups, and stews.

Try one of the following optional add-ins for a fun flavor twist:

- ½ cup shredded cheddar cheese and 1 minced jalapeño pepper
- ½ cup frozen corn (defrosted)
- 2 tsp Pumpkin Pie Spice

DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat oven to 325°F. Line a 12-cup muffin pan with paper liners then spray with non-stick cooking spray.
2. In a medium bowl, whisk together the dry ingredients: cornmeal, all-purpose flour, salt, and baking powder. Make sure to mix thoroughly (you don't want to see lumps of baking powder).
3. In a separate medium bowl, whisk together the canola oil, buttermilk, egg, and sugar.
4. Add the dry ingredients to the wet. Using a rubber spatula, fold to combine thoroughly until no streaks of flour remain (the batter will be lumpy). Let the mixture sit for 10 minutes to hydrate the cornmeal.
5. Using a muffin scoop, fill the muffin cups about ¾ of the way with batter. Bake for about 15 minutes or until golden brown and a toothpick inserted in the center of a muffin comes out clean.
6. Remove to a wire rack until cooled. Serve warm or at room temperature.

Plain Cornbread Muffins:

With Cheese & Jalapeño:

Nutrition Facts	
12 servings per container	
Serving Size	1 muffin (52 g)
Amount per serving	
Calories	110
% Daily Value *	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 200mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber less than 1g	3%
Total Sugars 7g	
Includes 6g Added Sugars	11%
Protein 3g	6%
Vitamin D 0.09mcg	0%
Calcium 30mg	2%
Iron 0.57mg	3%
Potassium 48mg	0%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Nutrition Facts	
12 servings per container	
Serving Size	1 muffin (56 g)
Amount per serving	
Calories	120
% Daily Value *	
Total Fat 2g	3%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	6%
Sodium 230mg	10%
Total Carbohydrate 23g	8%
Dietary Fiber less than 1g	4%
Total Sugars 7g	
Includes 6g Added Sugars	11%
Protein 4g	7%
Vitamin D 0.09mcg	0%
Calcium 50mg	4%
Iron 0.57mg	3%
Potassium 52mg	0%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Recipe adapted from *Health meets Food*, "Cornbread Muffins" (5/25/18)



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