

# Cornbread Muffins



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

<b>YIELD</b> <b>12 SERVINGS</b>	<b>PREP TIME</b> <b>20 MIN</b>	<b>TOTAL TIME</b> <b>35 MIN</b>
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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:

- ½ cup shredded cheddar cheese and 1 minced jalapeño pepper
- ½ cup frozen corn (defrosted)
- 2 tsp chili powder

## 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 to cool before serving or storing.

# 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%

Trans 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%

\*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.

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



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