

# Corn Muffins

1 cup yellow cornmeal  
½ teaspoon baking soda  
½ teaspoon baking powder  
¼ teaspoon salt (optional)  
1 cup low-fat buttermilk  
¼ cup egg substitute  
1 Tbsp canola oil

- Preheat the oven to 425 degrees. Combine the cornmeal, baking soda, baking powder, and salt; mix thoroughly. Stir in the buttermilk, egg substitute, and oil; blend well.
- Coat muffin pans with nonstick cooking spray. Spoon batter into muffin pans, filling the cups  $\frac{2}{3}$  full. Bake for 10 to 12 minutes or until tops are golden brown. Serve warm.

**Variations:** add ½ cup cooked corn kernels, ½ cup finely diced green or red bell pepper, or ½ cup finely diced sautéed onions to the batter.

## NUTRITION FACTS

12 servings

Serving Size 1 muffin

### AMOUNT PER SERVING

#### Exchanges

1 Starch

<b>Calories</b>	164
Calories from fat	14
<b>Total fat</b>	2 g
Saturated fat	0 g
<b>Cholesterol</b>	1 mg
<b>Sodium</b>	76 mg
With added salt	120 mg
<b>Total Carbohydrate</b>	10 g
Dietary Fiber	1g
Sugars	1g
<b>Protein</b>	2g



Direct questions or comments to: Mary Beth Gurganus, LD/N, Jackson County Health Department, Healthy Communities, Healthy People Program, P O Box 310, 3045 4th Street, Marianna, Florida 32447, or email [WellnessBuddy@doh.state.fl.us](mailto:WellnessBuddy@doh.state.fl.us).

