

# Whole Grain Corn Muffins



Bob's Red Mill

*There's no better way to celebrate the beginning of autumn than enjoying some delicious whole grain corn muffins.*

## INGREDIENTS

- 1 1/2 cups medium grind cornmeal
- 1 cup whole wheat pastry flour
- 1 Tbsp. baking powder
- 2 Tbsp. evaporated cane juice
- 1/2 tsp. sea salt
- 1 egg, lightly beaten
- 1 cup milk
- 1/4 cup vegetable oil

## INSTRUCTIONS

1. Preheat oven to 400°F. Grease a standard or mini muffin pan and set aside.
2. Mix together the cornmeal, whole wheat pastry flour, baking powder, sugar and salt. Add the milk, egg and oil and blend until smooth, careful not to over mix. Spoon batter into the muffin tins about 3/4 full.
3. Bake for about 20 minutes for the standard size and 12 minutes for the mini muffins. When done, tops of the muffins should spring back when tapped.

*Nutrition Facts per serving: Calories 160, Calories from Fat 60, Total Fat 7g, Saturated Fat 1g, Cholesterol 20mg, Sodium 230mg, Total Carbohydrate 22g, Dietary Fiber 4g, Sugars 3g, Protein 3g.*

**makes:** 12 standard muffins, or 24 mini muffins

**serving size:** 1 standard muffin