

Cornbread Muffins



Yield: 12 Muffins

Ingredients

Nonstick spray
1 cup milk of choice (soy, oat, cow's)
½ cup unsweetened applesauce
½ cup sweetener, honey or maple syrup
1½ tablespoons ground flaxseed
1 cup corn meal
1 cup whole wheat flour
1 teaspoon baking soda
1 teaspoon baking powder
¼ teaspoon kosher salt
1 cup frozen corn, thawed

Instructions

1. Heat oven to 375 degrees. Spray muffin pan with nonstick spray.
2. In a small bowl, combine milk, applesauce, sweetener and flaxseed. Let sit for 5 minutes.
3. In a large bowl, combine corn meal, flour, baking soda, baking powder and salt.
4. Add wet ingredients to dry and stir to combine, fold in corn.
5. Equally divide batter into the muffin pan.
6. Bake for 10 to 15 minutes until slightly golden brown or until a toothpick comes out clean.

Nutrition Information

Serving Size: 1 Muffin
Calories: 141
Total Fat: 1.2 g
Saturated Fat: 0.1 g
Monounsaturated Fat: 0.2 g
Polyunsaturated Fat: 0.6 g
Sodium: 193 mg
Total Carbohydrate: 31.6 g
Dietary Fiber: 2.6 g
Sugars: 13 g
Protein: 3 g

Source: Forks Over Knives



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