



early childhood community development centre

Cornmeal Muffins

Ingredients - Makes 24 servings

- 4 cups all-purpose flour
- 2 cups cornmeal
- $\frac{3}{4}$ cups granulated sugar
- 2 tbsp baking powder
- 2 tsp baking soda
- $\frac{1}{2}$ tsp salt
- 4 cups buttermilk or sour milk
- $\frac{1}{2}$ cup vegetable oil
- 3 eggs

Directions

1. Preheat Oven: 375° F (190° C).
2. In a bowl combine flour, cornmeal, all but 2 tsp of the sugar, baking powder, baking soda and salt.
3. In a separate bowl, whisk together buttermilk, oil and eggs. Add to dry ingredients, stir just until combined.
4. Spoon into muffin cups (Two 12 cup muffin tins, greased or paper-lined).
5. Sprinkle with remaining sugar.
6. Bake in preheated oven for 18 to 22 minutes or until firm to the touch.

Source: Dietitians of Canada: Great Food Fast By: Bev Callaghan, RD, and Lynn Roblin, RD

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