

Spicy Cornbread Muffins

Serves 12

$\frac{3}{4}$ c whole wheat flour
2 $\frac{1}{2}$ t baking powder
 $\frac{1}{4}$ t salt
1 $\frac{1}{4}$ c whole grain cornmeal
2 T melted butter
1 $\frac{1}{4}$ c skim milk
1 15.25 oz can corn kernels, drained and rinsed
3 T canned chipotle pepper in adobo sauce, minced
 $\frac{1}{2}$ c grated 4-blend cheese
2 eggs
Cooking Spray



Preheat oven to 425. Spray a muffin tin with cooking spray. Combine flour, baking powder, salt, and cornmeal in a bowl and whisk about 10 seconds, ensuring there are no lumps. Combine melted butter, milk, corn, minced chipotle peppers, and cheese in a separate bowl. Whisk in 2 eggs. Pour dry ingredients into liquid mixture and whisk until there are no lumps in the flour mixture. Pour into muffin tin and bake until toothpick inserted in muffin comes out clean, about 20 minutes.

Nutrition information per serving (1 muffin): 158 calories, 4.8 g fat (0.5 g saturated fat), 48 g carbohydrate, 5 g protein, 475 mg sodium, 8.2 g dietary fiber. Good source of calcium and iron.



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