

Corn Muffins (Majors)

1/2 c. corn meal

1 c. flour

1 tbs. baking powder

1 tsp. salt

3/4 c. milk

1 tbs. butter or margarine; melted

Mix dry ingredients. Add lightly beaten egg, milk and butter. Bake in muffins tins lined with cupcake papers for 20 minutes at 400°F .Be careful not to over beat these (or any muffins) or they will have air tunnels and pointed tops. Food Exchanges: 1 STARCH/BREAD EXCHANGE + 1/2 FAT EXCHANGE; CAL: 95

Source: Sugar Free...That's me by Judith Majors Brought to you and yours by Nancy O'Brion and her Meal-Master