

Low-Fat Corn Muffins

1 can cream style corn

2 egg whites

2 tbs. finely chopped onion

2 tsp. sugar

1/4 c. lite evaporated milk

1 c. self rising cornmeal mix

Preheat oven to 400° F. Place paper baking cups in muffin tins and set aside. In a large bowl, combine all ingredients. Mix until cornmeal is completely moistened. Pour batter into baking cups 3/4th full. Bake for 15 minutes, or until golden brown. Makes 10 muffins. Calories .76 Fat 0.8 g Fiber 1 g.