

# CORNMEAL MUFFINS

Makes 12 muffins

## Ingredients:

¾ cup corn meal  
2 Tbsp margarine  
¾ cup flour  
1 egg  
1/3-cup sugar  
¾ tsp salt  
1-cup milk  
2 tsp baking powder

## Directions:

1. Mix ingredients together in mixing bowl.
2. Pour into a well-greased muffin tin.
3. Bake for 20 minutes at 375° F.

### NUTRITION FACTS

Serving Size: 1 muffin

Calories 140    Calories from Fat 25

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Sodium 260 mg

Sugars 13 g

Cholesterol 15 mg

Total Fat 3 g

Protein 3 g

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