

## Corny Cornbread Muffins



Vegetarian, can be made gluten-free

*These muffins are a great addition to any meal or a perfect snack on their own!*

### Dry Ingredients:

1 cup whole wheat flour (or gluten-free baking flour mix)

1 cup cornmeal

2 teaspoons baking powder

½ teaspoon salt

### Wet Ingredients:

1 local egg

¼ cup plain yogurt

¾ cup local milk

¼ cup maple syrup

### Other Ingredients:

1 cup whole kernel

fresh or frozen corn



1. Preheat oven to 400°F.
2. In a large bowl, mix the dry ingredients.
3. In a medium bowl, mix the wet ingredients.
4. Add the wet ingredients to the dry ingredients and mix well.
5. Fold in 1 cup of whole kernel fresh or frozen corn.
6. Grease muffin pan, spoon in muffin batter until cups are ¾ full.
7. Bake muffins for 20 minutes, or until golden brown.
8. Serve with a pat of butter, honey, or maple syrup.

**Yield:** one dozen (12) muffins