**Lightened-Up Mini Corn Muffins**

**(One recipe per unit)**

These savoury treats are sure to be a hit if you love corn bread. Medium-ground cornmeal gives these muffins a slightly crunchy texture, while frozen corn keeps the muffins moist despite having only little butter in the batter. Serve warm with a bowl of chili or corn chowder.

By Irene Fong and The Test Kitchen

Source: Canadian Living Magazine: April 2012

Photography by Yvonne DuivenvoordenTop of Form

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* Prep time 15 minutes
* Total time 25 minutes
* Portion size 12 mini-muffins

**Ingredients**

* ½ cup (125 mL) whole grain medium-ground cornmeal
* 2 tbsp (30 mL) all-purpose flour
* 1 tbsp (15 mL) granulated sugar
* ¼ tsp (1 mL) baking soda
* 1/8 tsp (½ mL) salt
* pinch cayenne pepper
* ½ cup (125 mL) buttermilk
* ½ (25 mL) egg
* 1 tbsp (15 mL) butter, melted
* 1/3 cup (80 mL) frozen corn kernels, thawed

**Preparation**

In medium bowl, whisk together cornmeal, flour, sugar, baking soda, salt and cayenne pepper.

Whisk together buttermilk, egg and butter; pour over cornmeal mixture. Add corn; stir just until combined. Spoon batter evenly into greased mini-muffin cups.

Bake in 400°F (200°C) oven until tester inserted in a few comes out clean, about 10 minutes. Let cool in pan on rack. *(Make-ahead: Store in airtight container for up to 2 days or freeze for up to 2 weeks.)*

**Nutritional Information Per muffin (approximately):**

|  |  |  |  |
| --- | --- | --- | --- |
| calories 48  | protein 1g  | total fat 2g  | saturated fat 1g  |
| carbohydrates 7g  | dietary fibre 1g  | sugar 2g  | cholesterol 11mg  |
| sodium 69mg  | potassium 49mg  |  |  |

**% RDI:**

|  |  |  |  |
| --- | --- | --- | --- |
| calcium 2  | iron 1  | vitamin A2  | folate 3  |

October 2013