

Whole Wheat Muffins

From the kitchen of Rosie Gonzalez, Houston

Preparation time: 30 minutes

Number of servings: 8

Ingredients:

2/3 cups yellow cornmeal

2/3 cups whole-wheat flour

1 tablespoon sugar

1/8 teaspoon salt

2/3 cups skim milk

2 egg whites or egg substitute equivalent to 1 egg

2 tablespoons vegetable oil

Preparation:

1. Preheat oven to 400°F.
2. In a bowl, mix all dry ingredients. Mix egg, milk, and oil in another bowl.
3. Add egg mixture to dry ingredients. Stir until dry ingredients are moistened.
4. Spray muffin tin (for 8 muffins) with cooking spray. Spoon in batter until each tin is two-thirds full.
5. Bake for 20 minutes or until lightly browned.

Nutrition information per serving:

FAT: 29% of calories from fat (low)

FIBER: 2 grams (high)

CALORIES: 123



TIP

*Use less fat when making muffins, quick breads, and biscuits.
The minimum amount for best results is 1-2 tablespoons per cup of flour.*