Whole Wheat Muffins

From the kitchen of Rosie Gonzalez, Houston
Preparation time: 30 minutes
Number of servings: 8

Ingredients:

- \( \frac{2}{3} \) cups yellow cornmeal
- \( \frac{2}{3} \) cups whole-wheat flour
- 1 tablespoon sugar
- \( \frac{1}{8} \) teaspoon salt
- \( \frac{2}{3} \) 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.