

Jalapeno cornbread muffins

Makes 12 muffins

Ingredients:

1 cup milk of choice (dairy, soy, almond)
2 teaspoons apple cider vinegar
1 cup all purpose flour
1 cup cornmeal
1/3 cup sugar
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
2 tablespoons coconut oil
2 tablespoons unsweetened applesauce
1 cup corn kernels (thawed if using frozen)
1 jalapeno, seeded and diced
Cooking spray



Instructions:

Preheat oven to 350F. Lightly grease muffin tin with cooking spray. Measure out the milk and add vinegar—set aside for five minutes to curdle.

In a medium bowl, mix flour, cornmeal, sugar, baking powder, baking soda, and salt. Make a well in the center and add curdled milk, oil, and applesauce. Mix wet ingredients together and then stir with dry ingredients until just moistened. Fold in corn kernels and jalapeno.

Divide batter among wells and bake for 18-22 minutes. Allow to cool on cooling rack prior to serving.

Recipe source: adapted from IsaChandra.com

Nutrition info: 130 calories, 2.6g fat, 283mg sodium, 24g carb, 1g fiber, 3g protein. Excellent source of calcium.



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