

Low Fat Corn Muffins

By: Dottie Baltz

Makes 12 Muffins

- ~ 1/2 cup all purpose white flour
- ~ 1/2 cup whole wheat unbleached flour
- ~ 1 cup yellow cornmeal
- ~ 2 tablespoons white granulated sugar
- ~ 1 tablespoon baking powder
- ~ 1/2 teaspoon salt
- ~ 1 cup milk, non-fat
- ~ 1/2 cup canned creamed can
- ~ 1/2 cup egg substitute
- ~ 1/4 cup applesauce

Preheat oven to 425 degrees F. Spray a muffin pan with non-stick cooking spray, and set aside.

Mix dry ingredients in a large bowl. Add remaining wet ingredients and stir just until blended. Pour into muffin tins. Each tin will hold about 1/4 cup of batter.

Bake in preheated oven for 15-18 minutes, or until edges just start to turn brown. Tops will not brown, so be careful you don't over cook them. If you are using a dark pan, you may want to reduce the temperature to 400 degrees.